

788 Marlee Avenue
Toronto, Ontario
M6B 3K1

CAMP SOLEIM

A Touch of Israel in Ontario's North

6490 Tilton Lake Road
Sudbury, Ontario
P3G 1L5



2024 FAMILY HANDBOOK

YOUR GUIDE TO YOUR BEST SUMMER YET.

LET THE FUN BEGIN!

Getting ready for camp should be filled with excitement and anticipation, not stress. This handbook contains information you and your camper(s) need to make the most out of the Solelim experience.

If you have any questions regarding anything in this handbook, please contact our Administrator, Ruth at office@campsolelim.ca or our Director, Shauna, at director@campsolelim.ca.

IMPORTANT DATES

More details about bags and buses are on pages 11-12. Visitor's Day details can be found on pages 25-27.

CAMPER BAGGAGE DROP OFF

Friday, June 28th

POSTS* DEPARTURE

Sunday, June 30th

ROOKIES* DEPARTURE

Tuesday, July 2nd

VISITORS' DAY

Sunday, July 21st

CAMPER BUSES RETURN TO TORONTO

Thursday, August 15th

**Posts are just finishing grade 9 and Rookies are just finishing grade 8. Posts come to camp two days before the Rookies. During this time, we run special programming to prepare them to mentor and welcome the Rookies to Solelim.*

KEEPING IN TOUCH

We know that communication with Camp staff and your camper(s) is so important. Here is everything you need to know about contacting us in Toronto and Sudbury.

TORONTO OFFICE: (705) 522-1480

Camp Solelim runs out of the Toronto office until mid-June

For Payments/Billing, Forms, Special Requests, or General Questions:

- Email our Administrator, Ruth at office@campsolelim.ca



To Set Up a Meeting or Call with our Director, Shauna Waltman:

- Email director@campsolelim.ca

Response Time:

- We aim to respond to messages within 24 business hours
- Please note that we are closed on all Jewish and statutory holidays

CAMP OFFICE: (705) 522-1480

Solelim moves to the Sudbury office the week of June 19th

Office Hours:

- Sunday to Thursday: 9:00 AM to 5:00 PM
- Friday: 9:00 AM to 3:00 PM
- Saturday and after hours: Voicemail is checked regularly

Response Time:

- Office staff check email and voicemail daily but may not respond immediately due to the fast-paced nature of camp
- We strive to return all messages within 24 hours during the week and within 36 hours on the weekend

WHOM SHOULD I TALK TO?

A quick guide to who's who when it comes to reaching out.

Ruth | Year Round Administrator (Toronto)

- Questions about fees, reimbursements, and general inquiries **prior** to the start of camp

Shelby | Administrative Director (Sudbury)*

- Purchasing missing/forgotten items, travel arrangements, any general questions **during** the summer

Rena | Head Counsellor*

- Camper care concerns/questions about campers' experience, adjustment or mental wellness at camp

Daniel | Head Of Healthcare*



- Information/questions about Injuries, sickness, or any medical follow up

Shauna | Camp Director

- Emergencies, major incidents, or concerns that cannot be solved by any of the above channels

Staff members marked with an * are seasonal staff - prior to the move up to camp, please be in touch with Ruth about all administrative matters and Shauna about any camper care or medical matters.

LETTERS/EMAILS TO CAMPERS

We encourage families to write regularly - campers love receiving updates from home!

Two Options for Writing to Campers:

1. Families can email campers through Bunk1. Check your email for instructions on how to set up your account!
2. Letters can be sent via "snail mail" to:
6490 Tilton Lake Road, Sudbury, ON P3G 1L5

Mail Distribution

- Mail is collected and emails are printed Monday through Friday
- It takes between 2-3 days for letters to be sorted and delivered to campers

Pro tip: indicating your campers' tent number on the envelope/in the email subject line makes sorting quicker!

LETTERS/EMAILS FROM CAMPERS

We do not use Bunk1 for outgoing mail!

Snail Mail Only (except for International campers):

- Campers can only write to family and friends using snail mail
- Please send your camper with paper, pens/pencils, envelopes, stamps and addresses
- We collect and send camper mail daily Monday to Friday

International Campers:

- Letters from International campers will be scanned and emailed



- Please note that we can only do this for the immediate family only (mail to extended family and friends should be sent via snail mail)

If You Are Travelling Overseas...

- We will scan and email up to 2 letters per week while you are away
- Please notify the [office](#) of your travel dates in advance

No Required Letter Writing:

- Solelim aims to nurture campers' independence and sense of responsibility
- We encourage campers to share their camp experience with their family, but we do not have designated letter-writing times or quotas

Pro tip: pre-addressed stamped envelopes make writing home easier.

PACKAGE POLICY

Only campers who are celebrating a birthday at camp may receive a package. Thank you for your cooperation!

Birthday Packages:

- Campers can receive ONE package on their birthday
- We recommend bringing this package to the buses on the day of departure: our staff will bring it to camp to be distributed on your camper's special day
- Please do not send food or anything from our *Do Not Pack* list
- Campers open packages in front of staff and any food or inappropriate items will be confiscated.

Forgotten or Replacement Items:

- If your camper has forgotten or run out of something, please contact the camp office
- Whenever possible, we will purchase items on your behalf (we can get it to your camper faster than you can!)
- **If an item cannot be purchased in Sudbury, we will help you find the best way to get your camper what they need.**

Unauthorized Packages:

- Without exception, all unauthorized packages will be returned to sender.
- **Please inform your relatives and friends of this policy.**



PHONE CALLS

You'll Hear From Us...

- If your camper is struggling to adjust to camp beyond the first week
- If your camper requires extra medical attention (see page 20)
- If we've noticed any problematic behaviour or if your camper is requiring an unmanageable amount of staff attention

If You Have Concerns...

- If you have any concerns about how your camper is doing, we invite you to contact our office for an update

Birthday Phone Calls:

- If a camper's birthday falls during camp, they will be allowed to call home; unless otherwise arranged, calls will generally be made after dinner (around 7:30pm)
- Campers are not permitted to call family members on their birthdays (our phone lines would be too tied up if they did!)

CAMP VALUES & CODE OF CONDUCT

Since 1965, teens have been coming to Solelim to have the time of their lives. Everything about Solelim – our staff, our programming, our facilities and even our food – is tailored towards our teen campers.

AT SOLELIM, WE FOCUS ON DEVELOPING:

Community:

- We strive to cultivate a culture of inclusivity, to celebrate individuality and to encourage each other
- We want campers to understand the power of their actions and what it means to be part of something that's bigger than themselves.

Growth:

- Camp is designed to empower campers to have ownership over their own experience
- We give them a lot of choice, and we also challenge them to venture beyond their comfort zone.
- This increases their confidence, independence and self-reliance.



Connection:

- We want campers to connect with nature, with their Jewish identity and with Israel, with the staff and, of course, with each other!

CODE OF CONDUCT:

Providing a fun and meaningful summer experience begins with creating an environment where each camper feels safe and accepted.

Philosophy:

- Solelim entrust all its campers with the responsibility of treating each other, staff, visitors and our environment with respect
- By following this code, we can ensure that all campers get the most from their experience at camp

Illegal Substances:

- Campers will not use or be in possession of alcohol, tobacco products, drugs (other than drugs prescribed to the Camper before or during Camp and which are under the supervision of the Camp's health team), or drug related paraphernalia, including but not limited to rolling papers, vape pens, Juuls, and pipes

Camp Boundaries:

- Campers will respect all areas of camp that are considered off limits and will not leave the campgrounds unless they are under staff supervision on a camp-related program/outing

Harassment and Abuse:

- Campers understand that they do not have the right to negatively affect the experience of any other person at camp
- Physical, verbal, emotional, sexual harassment or abuse, inappropriate and offensive behaviour will not be tolerated. This includes, but is not limited to:
 - Violence, assault and/or acts of aggression
 - Threatening to harm oneself or others
 - Bullying and/or excluding others
 - Hazing/initiating and/or intimidating others
 - Inappropriate, unwanted and/or non-consensual touching



- Hateful, disrespectful, or abusive language and/or gestures that promote racism, homophobia, transphobia, rape culture, gang culture, etc.
- Engaging in the above behaviours will lead to dismissal from camp.
- Reports of sexual harassment or misconduct, assault or other illegal behaviour will be redirected to the appropriate authorities

Caring Community:

- Campers will be inclusive and kind to others
- Campers will manage their attitude, body language, tones, expression, etc in a way that makes others feel welcomed rather than excluded and raises others up rather than putting them down

Instigation and Provocation:

- Campers will not tease, put down, or make jokes at others' expense
- These behaviours may cause others to feel offended and/or unsafe and/or might provoke retaliatory action leading to injury or property damage

Sensitive Disclosures:

- The sensitive nature of personal health information such as self-harm, suicide/ suicidal ideation, sexual harassment/assault, abuse, etc. can be triggering or distressing to other campers
- Campers agree to discuss this information with their staff or a member of the camper care team and not with other campers

Participation:

- Campers will attend all scheduled activities, meals, and programs unless excused by Camp staff
- Campers understand that when a staff member is forced to spend an excessive amount of time engaging with one camper, it reduces the attention that the staff member can devote to other campers and to programming
- If a camper needs to be repeatedly withdrawn from their activities and/or if their behaviour is deemed to be negatively impacting the experience of others, camp may not be able to accommodate them

Stealing and Vandalism:

- Campers will not steal, vandalize and/or intentionally damage others' possessions, nor will they borrow others' possessions without their consent



- Campers will not vandalize or damage camp property and equipment including, but not limited to, tents, beds, window screens, doors, washrooms, dining hall, any other buildings/structures, signs, safety equipment (such as smoke alarms and fire extinguishers), program equipment and the natural environment
- Parents/Guardians will be held responsible for the cost of materials, parts, or labour necessary to repair or replace the damaged property.
- Campers understand that they may be required to participate in the repair of any damage they were involved in creating.

Contraband:

- Campers will not use or be in possession of a cell phone or any device capable of connecting to data and/or WIFI, or playing videos and/or games during the Camp session
 - Phones that are found over the course of the summer season that were not willingly handed in by the camper on the first day of camp will be confiscated
- Campers will not light matches, lighters, burn mosquito coils and/or operate a hot pot, heater, or kettle unless a staff member has given permission to do so
- Campers will not pierce or tattoo any part of their body during the summer

Personal Hygiene:

- Campers understands they are responsible for maintaining their personal hygiene including, but not limited to, taking regular showers, brushing their teeth, changing their clothes regularly

Safety:

- The Camper agrees to follow all camp safety protocols, including, but not limited to:
 - **Sun safety:** wearing a hat, applying sunscreen, drinking water
 - **Appropriate footwear:** wearing running shoes when playing sports
 - **Water safety:** following NLS staff instructions, wearing a life jacket when on a boat, small craft or when using our inflatable
 - **Injury/Illness protocol:** adhering to nursing staff and medical professionals' directives and activity restrictions when sustaining and/or recovering from an injury or illness
 - **COVID-19 protocols:** adhering to all policies and procedures that may be in effect this season
 - **Emergency procedures:** following all safety protocol as communicated upon arrival to camp.



Tent Hopping:

- Campers will not visit or enter other tents, unless given permission by staff
- Engaging in sexual activity in a shared space not only violates the Code of Conduct, but is inappropriate and unfair to their tent mates
- Campers will follow set curfew hours and stay in their tents after lights out

Inappropriate Behaviour:

- Campers will refrain from any behaviour that Camp staff deem to be unacceptable and/or detrimental to the Camp program.

CONSEQUENCES FOR VIOLATING THE CODE OF CONDUCT:

Campers who violate the Code of Conduct place themselves and their fellow campers' physical and/or emotional safety at risk.

Consequences are given when:

- A camper's behaviour places his/her well being at risk
- A camper's behaviour places others' well-being at risk
- A camper's behaviour interferes with camp's ability to ensure a safe, inclusive and respectful environment

The following actions are potential consequences Code of Conduct violation:

- Meeting with a tent parent, Head Counsellor, Head Staff, Social Worker, or Director
- Camper's parents/guardians may receive a call to discuss their camper's behaviour
- Signing and adhering to a behaviour contract
- Writing an apology letter
- Missing activities
- Losing privileges
- Acts of service around camp
- Moving tents
- Being sent home from camp at the parent/guardian(s) expense and responsibility
- Not being allowed to attend or return to camp

REVIEWING THE CODE OF CONDUCT

- Can be viewed on [Policies](#) section of our website



- Download your **signed** form from [CampMinder](#) (Forms and Documents section)
- Staff review the Code with our campers when they arrive and reinforce these messages throughout the summer

Pro Tip: we strongly encourage parents/guardians to review the Code with their camper(s) before leaving for camp

BAGGAGE & BUS INFORMATION

Everything you need to know about getting your camper(s) - and their stuff - to and from camp!

BAGGAGE DROP OFF

*All camper baggage (Posts and Rookies) leaves for camp on **Friday, June 28th***

Drop Off Location

- Herbert H Carnegie Centre (580 Finch Ave W)

Drop Off Windows

- To avoid congestion, families will be given a designated drop off window
- Windows will be between 8 and 10 AM

Baggage on the Camper Busses

- Due to space restrictions, **only out of town campers** are permitted to bring their bags on the camper bus

BUS DEPARTURE FOR POSTS

*Posts (just completed grade 9) leave for camp on **Sunday, June 30th***

Drop Off Location & Time

- Herbert H Carnegie Centre (580 Finch Ave W) at **8:30 AM**

Delayed Bag Access - Pack a Carry On!

- Posts have limited/no access to their bags before July 2nd
- Pack a carry-on bag for the first three days with:
 - ✓ Sleeping bag
 - ✓ Bathing suit and towel



- ✓ Hat and water bottle
- ✓ Toiletries (don't forget sunscreen and bug spray!)
- ✓ Running shoes
- ✓ Flip flops/slides
- ✓ Two days of clothing
- ✓ Any emergency medications (such as epipens and inhalers)
- ✓ Nut free snacks and water for the bus ride

BUS DEPARTURE FOR ROOKIES

Rookies (just completed grade 8) leave for camp on **Tuesday, July 2nd**

Drop Off Location & Time

- Herbert H Carnegie Centre (580 Finch Ave W) at **8:00 AM**

For the Bus Ride

- Bring a small backpack with nut free snacks and water

RETURNING FROM CAMP

All campers and their baggage will return on **Tuesday, August 15th**

Pick Up Location & Time

- Herbert H Carnegie Centre (580 Finch Ave W)
- Buses will arrive at approximately 10:30 AM
- We will send an email once the buses have left camp

PACKING FOR CAMP

PACKING OVERVIEW

Our [Packing List](#) covers everything campers should bring to camp (and a list of things they should NOT bring).

Keep Camp Safe

- Please do not send any of the items in the [Do Not Pack](#) section of the list
- Many seemingly harmless items (food, electric devices, etc) can pose serious safety hazards for campers



Campers should bring ONE trunk, ONE duffel bag and ONE set of plastic drawers

- T-shirts, shorts, socks, undergarments, bathing suits are packed in the drawers
- Sweats, Shabbat clothing, pyjamas, jackets are packed in the trunk
- Bedding and towels, toiletries and shoes are packed in the duffel

Can You Lift it?

- Campers work together and with staff to move their belongings
- If you can't lift your bags, we won't be able to either!

TRUNKS

Label the **lid** of your camper's trunk/bin with your **camper's FULL name** using permanent marker or duct tape.

Popular Choices

- Most campers buy the medium or large **Rhino Armour trunk**
- Some campers choose to purchase a plastic bin like **this** or **this** instead
- Make sure your trunk/bin is able to withstand being stacked without cracking (trunks/bins will be stacked on top of each other in the baggage truck!)

PLASTIC DRAWERS

Label your camper's **FULL name on the top** of their drawers. Pack drawers fully and **use duct tape to tape the drawers shut** so nothing falls out in the truck.

Popular Choices

- **Tall and deep**
- **Short and wide**
- **Multi depth**

FREQUENTLY PACKED ITEMS

Toolboxes/Lockboxes

- For smaller/sundry items
- Locks are permitted; however, campers will be required to unlock the box when requested



Items For The Tent

- [Foam puzzle pieces](#) for the floor
- Twinkle lights for decoration and additional lighting
- Standing or clip fan for extra air
- Extension cords and power bars to extend electricity (each tent has two outlets)

Costumes & Special Clothing For Programs

- Campers are encouraged to dress up... it's part of the fun!
- Bring hats, socks, necklaces, headbands, tutus, etc.
- Coloured t-shirts are helpful for team games and Maccabiah
- Bring 1-2 outfits that can get stained or dirty during messy programs

Spending Money

- Meals and snacks are provided whenever campers leave our site; however, campers enjoy purchasing their own snacks on field trips
- We recommend sending between \$50-75

THE 3 L'S: LABELLING, LAUNDRY AND LOST & FOUND

Label All Belongings (Even Socks!)

- Labels should be machine washable and waterproof (we highly recommend a name stamp!)
- [Click here](#) to purchase labels from Mabel's Labels - a portion of each purchase is donated back to camp
- Label the lid of your camper's trunk/bin with your **camper's FULL name**
- Label your camper's **FULL name on the top** of their drawers
- Label your camper's duffel bag with their **FULL name**

Campers Have Laundry Every 7-10 Days

- Laundry starts on the first Thursday of camp and runs until the Monday before the campers go home
- 5-8 tents will have laundry each day
- Staff will announce who has laundry every morning at breakfast
- Laundry is taken to a laundromat outside of camp and is returned the next day
- There is a washer and dryer on site in case of emergencies.



Lost & Found

- Misplaced and unlabelled items are collected and stored in bins outside the Ulam (auditorium)
- Campers are encouraged to claim lost and found throughout the summer
- All items are put out to be claimed at the end of camp
- **Unclaimed items will not return to Toronto at the end of camp**

ELECTRONICS POLICY

LEAVE YOUR DEVICES AT HOME!

We believe in unplugging from technology so that we can plug into the environment, activities, and relationships that make Solelim the special place that it is. Parents' support of this policy ensures our campers get the most out of their camp experience.

Music Players & Ereaders

- Personal music players like [sample 1](#), [sample 2](#), iPod Mini, iPod Nano, iPod Shuffle (**Apple products not on this list will not be allowed**)
- Kobo Touch, Sony Reader, Nook Simple Touch, Amazon Kindle (**eReaders not on this list will not be allowed even if they are the same brand**)
- Devices that have Wifi or data capability will not be allowed at camp even if they have no SIM card or are disconnected from WiFi

Pro tip: [click here](#) for a helpful article for converting your Apple Music/Spotify to mp3 files for your camp approved device!

Cameras

- Small, inexpensive digital or disposable cameras are allowed
- Please do not send large or expensive SLR or similar cameras

The Following Devices ARE NOT Allowed at Camp

- Cell phones or any device capable of connecting to a cellular network
- Devices capable of WiFi connection or downloading apps/music/movies/games
- Any music device or ereader NOT specified on the [Bring to Camp](#) list
- Laptop computers, tablets, iPads, apple/smart watches
- Sony PSP, Nintendo Switch or other gaming devices
- Any device capable of texting, accessing social media, playing games, streaming video, uploading or downloading data, connecting to the internet and/or being used as a telephone



International Campers

- Please give your phone to a staff when you board the bus to camp

Sneaking Phones/Devices Into Camp

- It will be confiscated and not returned until the morning the bus leaves camp
- If a camper tries to sneak a device in on Visitors' Day, the device will be donated and not returned

TENT PLACEMENT

Tent making is both an art and a science: we put a lot of time and thought into it!

THE PROCESS

We spend days trying to set all campers up for a great summer; it's a very complicated process and we ALWAYS try our best.

How many people live in a tent?

- 5-6 campers per tent
- Each camper will have at least one other camper from their age group in the tent
- We try to mix Posts (older campers) and Rookies (younger campers) in the tents; in some cases, however, it might be necessary for an all Post or all Rookie tent

Do staff sleep in the tent?

- Staff sleep in separate tents
- Staff tents flank the camper tents, so they are always close by
- Each camper tent has one or two tent parents (like cabin counsellors)

How are the tents made?

- We crunch the numbers and determine the tent makeup – how many of each gender, and how many posts and rookies in each one
- We learn about each camper:
 - from their application
 - from talking to their staff from last year (whether at Shalom or at Solelim)
- We call each camper to get to know them and to ask for tent requests
- We do our best to place campers with at least one person from their list



TENT REQUESTS

We do our best to make campers feel happy and comfortable in their tent.

Why are tent requests not guaranteed?

- Campers are asked for 5-6 names and we do our best to place them with at least **one** person from their list
- Due to the small nature of the tents (only 2-4 campers per age group), it's not always possible to accommodate everyone's requests

Can my camper request both Rookies and Posts?

- Campers can include both Rookies and Posts on their list as long as they are comfortable with that person being the one person they are placed with
- If it is more important for them to be placed with a request of someone their own age, then they should request only campers from their own age group

What if they don't know five people or can't think of five they want to be with?

- If your camper has never been to Shalom/Solelim, we will make every effort to put them with someone familiar
- For Shalom/Solelim campers, we will do our best to work with what we are given, but the fewer names received, the less likely we will be able to accommodate a request (e.g. 4 names = 80% chance, 3 names = 60% chance, etc.).

Can my camper request NOT to be with someone?

- We prioritize placing campers with someone they want to live with
- We only take requests not to be with someone if there are **bullying concerns** (please email [Shauna](#) if this is applicable to your camper)
- We do not take any "dis" requests from campers on their call

WHAT CAN YOU DO TO SET YOUR CAMPER UP FOR SUCCESS?

Please share this important message with your camper(s)!

The tent is for sleeping and changing. The vast majority of the fun and excitement at Solelim happens OUTSIDE of the tent. Campers will have so many opportunities to be with everyone they want to be with. If they obsessively focus on who's in (or not in) their tent, then they will miss out on experiencing best parts of Solelim.



CAMPER CARE

Camper care is our top priority. We have developed a multi-layered support system at camp. Strong camper care is the first step in ensuring our campers get the most out of the Solelim experience.

TENT PARENTS

Staff do not sleep in the tents with campers, but their tents face the camper tents and they are easily accessible.

Each Tent is Assigned 1-2 Tent Parents

- Responsible for 5-6 campers
- Monitor and support campers' health and comfort (socially and physically)
- Facilitates tent bonding

During the First Day/Week

- Supervise tent move-in to ensure campers are properly set up and that they have everything they need
- Support campers in adjusting to camp as needed

Tent Parents Check In with Campers Daily

- Tent parents informally check on each camper every day
- Visit tent before lights out to say good night and process the day
- Report any issues to the Camper Care Team and/or Leadership Team

Special Activities

- Organize weekly "tent time" activities to help campers bond with each other
- Facilitate special birthday celebrations (if applicable)

One on Ones

- Each Friday, campers meet with their tent parent individually
- Discuss relationships with tent mates and other campers, programming, food, staff, and overall experience
- Issues are flagged for follow up/review by the Camper Care and/or Leadership Team



HEALTH CARE TEAM

All camp health professionals are fully informed about health issues prior to camp. Please inform us of any health issues that arise that are not on the Health Form. The more we know, the better we can take care of our campers!

Head of Health Care

- Member of our Senior Staff team
- Works with nursing staff to ensure campers take their medications
- Coordinates transportation to clinics/pharmacy/hospital as needed
- Communicates with parents/guardians as needed regarding sickness/injuries

Nursing Team

- Head Nurse, coordinates a schedule of nurses who are present from 9am until 12am
- Manage medication distribution (prescription and over the counter)
- Triage illness and injuries (referring to doctors/ER when necessary)
- Supervise any campers who are staying in the Health Centre

Kixcare

- Provides online consultation with Nurse Practitioners to further assess injuries or illness
- Prescribe medication and order diagnostic imaging when needed, avoiding trips to the local clinic

Social Worker

- Specializes in working with teens
- In touch with families ahead of the summer to develop support plans for campers who need them
- Advises and supports Head Counsellors and tent parents on adjustment/homesickness, emotional, social and/or behaviour challenges
- On site for first week and on call when not at camp

Sudbury Medical Services

- Campers who need to see a doctor are taken to Northwood Medical Clinic (10 minute drive from camp)
- Campers who require emergency care (or if the clinic is closed) are taken to Health Sciences North Hospital (15 minute drive from camp)
- Staff members **always** accompany campers when they are being seen by a doctor/specialist



CONTACTING FAMILIES ABOUT THEIR CAMPERS

We work hard to make sure our campers are safe and happy all summer long, but there are times when a call home is necessary.

Parents/Guardians can expect to receive a call/email if:

- Your camper requires a visit to a doctor/hospital (we will email first to notify you that we are going and then call after the visit)
- Your camper is prescribed medication
- Your camper is experiencing an ongoing illness/injury
- Your camper sleeps in the Health Centre
- Your camper is having prolonged difficulty adjusting to camp
- Your camper's behaviour and/or mental health/wellness is challenging to manage

We do not call when:

- Your camper is given over the counter medications, creams or lotions
- Your camper spends time resting in the Health Centre but does not meet the above calling criteria
- Your camper has a cold, headache, dehydration, sunburn, and/or other short term illness that does not require a doctor visit
- Your child is treated for minor cuts, scrapes and injuries
- Your child has brief episodes of home sickness
- Your child is involved in minor disciplinary incidents or friendship drama

SPEAKING WITH YOUR CAMPER

Our staff are available to discuss concerns with parents/guardians, but, in most cases, we do not allow campers to speak with their parents/guardians during the summer.

It's difficult to receive negative or upsetting news from camp, but...

- Even if camp is your child's "happy place," they are going to encounter negative or uncomfortable emotions at some point during their experience
- Normalizing discomfort as a part of life as opposed to something "bad" is the first step to helping our kids overcome it
- Allowing our kids to feel uncomfortable and work through it allows them to develop important skills like empathy, conflict resolution and resilience



Why Calling Home Can Be More Harmful Than Helpful

- **Camp is an opportunity for kids to learn how to manage life's ups and downs on their own**
 - As parents/guardians, it hurts to see our child hurting and we often will do anything to take the pain away
 - By doing this, we prevent our kids from developing their own tools to deal with discomfort and stress
- **In order to help campers develop confidence, problem solving skills and resilience to overcome difficult situations, they need to develop a strong, trusting support system at camp**
 - By relying on you for support, they are missing out on developing important relationships with staff and peers

EMERGENCY EQUIPMENT/TRAINING

- Epi Pens located in multiple locations (Dining Hall, Tent Site, Ulam (Auditorium), Waterfront, Office, Health Centre)
- First Aid kits are restocked each year and placed in multiple locations (Waterfront, Office, Health Centre, Kitchen and Sport Court)
- Automatic external defibrillator (AED) is regularly serviced
- All staff are certified in Standard First Aid, including CPR and using the AED

MEDICATION

With over 200 people at camp, safe and efficient medication management is critical.

Daily Medication (Ontario Campers)

- All daily medications (prescription or over the counter medications/vitamins/supplements taken on a daily basis) must be ordered Postscriptions
- Postscriptions prepares, packages and sends your campers' medications directly to camp at no additional cost
- Each medication is labelled, and packaged as per dosage instructions so that it can be easily entered into our system and administered by our medical team
- We appreciate that not every situation may fit or there may be some unique circumstances - please contact us with any questions or concerns

Please [click here](#) to learn more about Postscriptions. If you have any questions for them, call 416.398.4884.



Daily Medication (International/Non-Ontario Campers)

- Campers living outside Ontario are not required to order medication through Postscriptions (although we highly recommend it)
- All daily medication must be clearly labelled with your campers' name, medication name/dosage and instructions for administering it
- Please ask your pharmacy to blister pack your medications - unless they come blister packaged, our Health Centre staff cannot be responsible for tracking medication consumption

Emergency Medications (All Campers)

- Asthma inhalers, EpiPens and other as needed prescriptions can be ordered through Postscriptions or through your personal pharmacy
- Campers who require inhalers and/or epic pens should bring at least two to camp:
 - One should travel with them on the bus
 - Another should be given to the bus staff or sent via Postscriptions to be kept in the Health Centre

Please Don't Send Over the Counter Medications!

- Our Health Centre is stocked with over the counter medications for treating common ailments such as fevers, colds, headaches, tummy troubles, nasal and sinus congestion, allergies and allergic reactions, skin irritations and rashes, sore throats and coughs, menstrual pain, sunburns and insect bites, and general aches and pains

Any OTC medications sent to camp will be added to our Health Centre medication pool.

Medication Distribution

- Medications are kept in a locked cabinet that can only be accessed by Health Care staff
- Campers are not allowed to keep any medications in their tents, other than:
 - Epi-Pens
 - Ventolin inhalers
 - Topical creams (acne, eczema, etc.)
- Campers taking daily/regular medication receive a regular time to visit the Health Centre
- If campers miss their medication window, Health Centre staff will radio camp staff to send them to the Health Centre



- Campers who bring “as needed” prescription medication (PRNs) can visit the Health Centre when they need it
- All dispensing of medication is recorded in the campers’ digital health record

SUN SAFETY

We don’t want sunburns or dehydration to cause anyone to miss out on all the fun camp has to offer. Campers are expected to comply with our sun safety protocol

Hats

- Campers must wear hats during all outdoor activities
- We recommend packing at least three in case they get lost or misplaced
- Campers who are not wearing a hat will be sent back to their tents to get one before being allowed to participate in the activity.

If your camper does not bring or loses their hat(s), we are happy to provide them with a Camp Solelim hat; families will be billed \$20 for each hat provided.

Sunscreen

- Campers will be reminded to apply and reapply sunscreen daily
- Sunscreen brought to camp should be sweat proof, waterproof and offer a minimum protection of SPF 30
- If a camper gets sunburned, they may be required to cover the area (i.e. wear a t-shirt instead of tank top) or to sit out of certain activities until they have healed

Drinking Water

- Because campers are active and outdoors most of the day, staying hydrated is extremely important
- Campers are expected to carry a water bottle with them and are encouraged to drink water throughout the day
- We have water stations around camp so there is always water available
- We recommend sending your camper with 2-3 water bottles in case one gets lost or misplaced
- Please do not send water flavour drops or packets with your camper: they attract bugs!
- Please do not send cases of water with your camper as the tents do not have space to store them



If your camper loses or does not bring a water bottle to camp, we are happy to provide them with a Solelim water bottle; families will be billed \$15 for each water bottle provided.

PREVENTION OF INSECT BITES

- We recommend that campers wear long layers after dusk as well as apply insect repellents
- All our tents have insect netting at the entrance and windows.

ALLERGIES

- Please make sure that we are aware of any serious allergies whether it is an allergy to food, insects, medication or anything else
- Solelim has EpiPens stationed in several places at camp
- Campers should also bring two EpiPens to camp: one to be kept in their tent and the other to be stored in the Health Centre
- **All campers with anaphylactic allergies must wear a bracelet while they are at camp (we will provide them!)**
- Due to the remote location of our canoe trips, and the distance from emergency medical facilities, campers with anaphylactic allergies cannot go on a canoe trip

LICE CHECK

- All campers will be checked for head lice when they arrive at camp
- We recommend families check their campers' heads the week before camp.
- **If your camper arrives to camp with lice, a professional from Lice Squad will treat them and Camp Solelim will bill you for the service**

FOOD SAFETY

Eating Issues

- There are many reasons campers may choose not to eat, or eat very little: nerves, medication, being picky or just aren't used to eating at that time
- If we notice campers are consistently not eating (several days or meals in a row), we will address it with both the camper and their parents/guardians
- **If a camper's eating habits compromise their ability to participate in programming (i.e. wake up on time, be active in programs, frequent trips to the health centre, etc.) or if our camper care team feels that it is putting their health at risk, they will be sent home**



We will never force a camper to eat, nor can we monitor their caloric intake or tell them what they can or cannot eat.

Camp Solelim Is a Nut Aware Camp

- The food and snacks prepared at camp and in the tuck shop do not contain nuts in the ingredients

Dietary Restrictions

- While the elimination of certain foods from camp is not realistic, we will try our best to work together towards meeting your camper's needs
- Our chef prepares vegetarian, gluten free and dairy free options at each meal: campers' dietary needs must be specified on their medical form so that we can prepare the appropriate options

Do Not Send Food to Camp!

- Food attracts unwanted critters – big and small – into the tent
- External food can pose a serious threat to the safety of campers with allergies
- Bags will be checked for food upon arrival at camp

Any food brought to camp will be confiscated.

VISITOR'S DAY

VISITOR'S DAY IS 11:00 AM TO 3:00 PM ON SUNDAY, JULY 21ST @ CAMP

Busing to/From Camp

- Due to parking constraints, visitors are unable to drive into camp
- All visitors will be bused to camp from Sudbury Four Corners Plaza located on Regent Street South (please meet in front of Food Basics Supermarket)
- The shuttle service to camp starts at 10:30 AM
- Visitors will be bussed back to Four Corners Plaza starting at 2:30 PM
- Campers and their visitors must remain on camp property during Visitor's Day

If there are special circumstances that prevent you from visiting on the designated date, please contact the office and we will be happy to try to schedule a virtual visit or make alternative arrangements.



Not Able to Make it?

- Campers who do not have visitors will be supervised by our staff
- Alternatively, parents can arrange for their children to spend the day with another family

Visitor's Day Programming

- Visitors will have the opportunity to tour camp, participate in various activities, meet with staff and enjoy lunch and refreshments
- A detailed schedule of activities will be emailed in advance and posted onsite

Please DO NOT Tip Camp Staff

- Our staff work as a team!
- If you would like to reward the staff, please consider donating to our [**Staff Appreciation Fund**](#): you will receive a tax receipt and all the funds are pooled together to buy food and rewards for the entire staff team

Food

- A BBQ lunch (with vegetarian options) will be served onsite along with salads, sides and sweets made by our amazing kitchen team
- Snacks and drinks will be available for purchase at our tuck shop (please bring change and small bills)

Care Packages

- We understand parents/guardians wanting to bring items that their campers miss while they are at camp... and:
 - We ask that you continue to respect our Food and Package Policy
 - Please do not bring anything for your camper that is on the Do Not Pack List: items found that are on this list will be confiscated and donated (including phones!)
 - Please do not leave any food or drinks with your child - it will all be confiscated!

Please do not bring any food that contains or may contain nuts in the ingredients.

Dogs are Welcome for Visitor's Day!

- Please keep your furry friend on a leash and provide any necessary scooping of poop



Friendly Reminders

- Please help keep Solelim clean (and bear free!) by placing garbage in the appropriate bins
- Solelim is a smoke free environment: thank you for not smoking at camp
- Please respect our end time of 3:00 PM and load the buses quickly so that we can transition back to regular camp programming.

STAYING IN SUDBURY

The following hotels are all great options for anyone wishing to stay overnight:

HAMPTON INN
2280 Regent Street
705-523-5200

HOLIDAY INN
1696 Regent Street
705-522-3000

TRAVELODGE HOTEL
1401 Paris Street
705-522-1100

PROGRAMMING OVERVIEW

At Solelim, programming is our superpower and an unforgettable part of the camp experience.

DAILY SCHEDULE

Please see page 30 for “typical” daily schedule at camp.

MEALS

Sample menus for breakfast, lunch and dinner are posted [here](#) – we offer lots of choice and many healthy options at each meal!

Allergies/Special Diets

- Campers with allergies and special diets visit the kitchen window at the start of each meal to get an overview of what they can and cannot eat

Lactaid Pills

- Lactaid pills can be kept in the dining hall for easy access during meal times - please label your camper's Lactaid!



AVODAH (HEBREW FOR WORK)

We are passionate about instilling a sense of ownership and accountability for the community we build at camp, including keeping it clean and beautiful.

Daily Avodah

- Smaller groups of campers and staff work together to clean the bathrooms, take out the garbage, clear the clotheslines and take care of our surroundings

Shabbat Avodah

- On Friday, the whole camp is divided into groups to help clean up camp

Toranut

- Every day, a different group of campers is assigned to help set up for meals and wipe down/sweep under tables after

ACTIVITIES/PROGRAMS

Check out all the amazing activities we offer at camp [here](#)

Chugs (activities)

- Campers complete form to request their chugs **before** the summer – this allows us to have their chugs assignments ready so they can jump into camp programming as soon as they're moved in
- Halfway through the summer, campers get to request a new set of chugs

Special Programs

- We run several mini programs for approximately 25 campers while regular camp programming is going on
- Special Programs are introduced at camp
- Every camper has the opportunity to participate in at least one special program

Canoe Trips

- We run six trips over the summer ranging in length (1-5 days) and challenge level
- Canoe trips are optional - we are able to place everyone who wants to go on a trip on a trip
- Due to the remote location of our trips and the lack of access to emergency services, campers with anaphylactic allergies are not able to participate



Life Saving Courses

- Campers have the opportunity to take their Bronze Medallion or Bronze Cross:
 - Bronze Medallion is open to all campers over 13 years old
 - Campers must have their Bronze Medallion and either Emergency or Standard First Aid to take Bronze Cross
- Courses are run as a “crash course” - campers will complete the 20 hours of training over 1-2 weekends at camp (they will miss “regular” camp programming during this time)
- We have an examiner on staff who will conduct the exam and send the results to the Life Saving Society
- Campers who pass their exam will receive their award from the Life Saving Society after camp by mail

Unstructured Time

- Campers have free time after lunch and before and after dinner
- Staff run activities during free time (from the Solelim Football League and pick-up sports to taking kids skiing/tubing to beading circles and camp play rehearsals)
- Many campers also choose to shower during these times



SAMPLE DAILY SCHEDULE

9:00 AM	WAKEUP	<i>Boker tov... good morning, Camp Solelim!</i>
9:15 AM	MORNING MIFKAD	<i>The entire camp gathers to sing O Canada, the Judaeen Pledge and share announcements.</i>
9:30 AM	BREAKFAST	
10:15 AM	DAY PREP	<i>Wash-up, tent cleaning/avodah, get ready for the day: hat, sunscreen, water bottle... go!</i>
11:00 AM	CHUG A	<i>First activity period of the day.</i>
12:00 PM	MUSAG	<i>Musags are camp-wide programs where we dive into personal growth, leadership development, building community, and exploring our relationship with Judaism and Israel.</i>
1:00 PM	LUNCH	
1:45 PM	MENUCHA	<i>Rest Period - campers can play pick up sports, participate in staff led activities or hang out with friends</i>
2:30 PM	CHUG B	<i>Second activity period of the day.</i>
3:30 PM	CHUG C	<i>Third activity period of the day.</i>
4:15 PM	SNACK	
4:30 PM	GENERAL SWIM	<i>The whole camp gathers at the waterfront for swimming, games, boating, water tramp, tubing and more!</i>
5:30 PM	AWKWARD HOUR	<i>A time to shower, relax, play or watch intramural sports!</i>
6:30 PM	DINNER	
7:15 PM	EVENING MIFKAD	<i>The entire camp gathers to sing Hatikvah and share announcements.</i>
8:15 PM	EVENING PROGRAM	<i>From casino night, to music festivals, life sized board games and movie themed programs, our campers love the nightly creative programming designed by staff.</i>
10:45 PM	LIGHTS OUT	<i>Shmira and night security are on duty to ensure there are no issues during the night.</i>

