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Toronto, Ontario
M6B 3K1

CAMP SOLEIM

A Touch of Israel in Ontario's North

6490 Tilton Lake Road
Sudbury, Ontario
P3G 1L5



2022 FAMILY HANDBOOK

YOUR GUIDE TO YOUR BEST SUMMER YET.

WELCOME TO CAMP SOLELIM!

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 Director, Shauna Waltman, at director@campsolelim.ca.

CAMP & COVID-19

We work hard every summer to ensure every detail is in place so that each camper has the time of their life. During summer 2021, in the midst of a global pandemic, there were more details than ever! As we count down to Summer 2022, we continue to learn and pay close attention to trends in the community. Like always, we will base our decisions for how camp will operate on the advice of our medical committee, best practices from the Ontario Camps Association and the Ministry of Health and what is best for our camp community.

Our website outlines our [**2021 COVID-19 Safety Framework**](#). While we expect that some elements of that strategy will carry forward this summer, we know that many elements will be adjusted or removed. **Things are changing rapidly, and for that reason, we plan to communicate our 2022 Framework in May, once we have received the most up-to-date guidelines from the Ministry of Health.** No matter what, we want our families to know: all the important stuff – like being a place where teens discover their best selves – will be just the same as always!

Please note that Covid-19 safety protocols are designed to mitigate the risk of Covid-19 transmission but cannot completely eliminate the risk of viral spread.



IMPORTANT DATES

| | |
|--------------------------------|----------------------|
| PARENT ORIENTATION | Wednesday, May 18th |
| CAMPER BAGGAGE DROP OFF | Thursday, July 1st |
| CAMPER BUSES LEAVE TORONTO | Sunday, July 3rd |
| VIRTUAL VISITORS' DAY* | Sunday, July 24th |
| CAMPER BUSES RETURN TO TORONTO | Tuesday, August 16th |

**Regretfully, we will not be able to host in-person Visitors' Day this summer. We will have a Virtual Visitors' Day during which families will have an opportunity to connect with their campers. We look forward to sharing more information at a later date.*

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.

VIRTUAL TORONTO OFFICE: (647) 241-3972

Until mid-June, Camp Solelim will be running out of our "virtual office." To set up a meeting or call with our Director, Shauna Waltman, please email director@campsolelim.ca. Please note that our virtual office is closed on all Jewish and statutory holidays.

CAMP OFFICE: (705) 522-1480

We move up to our camp office the week of June 20th. You will be notified when our phone lines are open for business. The camp office is staffed from 9:00 AM to 5:00 PM Sunday to Thursday and from 9:00 AM to 3:00 PM on Friday. On Saturday and after hours, voicemail is checked regularly. Our office staff check their email daily, but due to the fast paced nature of camp, are not always able to respond immediately. We strive to return all messages within 24 hours during the week and within 36 hours on the weekend.

LETTERS/EMAILS

Campers look forward to receiving news from home and we encourage families to write regularly. This year, families will be able to email their campers. Instructions about using the email service will be distributed closer to camp.



Letters can also be sent via "snail mail" to:
6490 Tilton Lake Road, Sudbury, ON P3G 1L5

Mail is picked up and emails are printed Monday through Friday. Letters and Emails are then sorted and delivered to campers. Depending on volume, it can take between 2-3 days for campers to receive their mail. Pro tip: indicating your campers' tent number on the envelope/in the email subject line makes sorting quicker!

PACKAGES

Campers are not allowed to receive any packages unless they are celebrating a birthday while at camp. Only one package is allowed on your campers' birthday: please bring this package to the buses the day of departure and our staff will bring it to camp to be distributed on your camper's special day. Please do not send food or candy so as to prevent bears and rodents in our campsite. Campers open packages in front of staff and any food or inappropriate items will be confiscated.

If your camper has forgotten or run out of something, please contact the camp office. Whenever possible, we will purchase items on your behalf and charge your account. **If an item cannot be purchased in Sudbury, we will help you find the best way to get your camper what they need.**

Without exception, all unauthorized packages will be returned to sender. **Please inform your relatives and friends of this policy.** We thank you in advance for your cooperation.

CAMPER MAIL

Camp 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. Pre-addressed stamped envelopes make writing home easier. We collect mail daily and send it

PHONE CALLS

You can expect to hear from us if your camper is struggling to adjust to camp beyond the first week or if your camper requires extra medical attention (see section on health and safety for details). If you have any concerns about how your camper is doing, we invite you to contact our office at any time for an update.

If a camper's birthday falls during camp, they will be allowed to call home. Unless otherwise arranged, phone calls will generally be made after dinner.



CAMP SOLELIM VALUES & CODE OF CONDUCT

Providing a fun, unforgettable summer experience begins with creating an environment that ensures campers' emotional and physical security. We entrust all our campers with the responsibility of treating each other, staff, visitors and our camp site with respect.

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. In doing so, we increase 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!

The following excerpt from our Camper Code of Conduct outlines what we expect from campers in order to make camp safe and a positive experience for everyone:

1. Campers will not use or be in possession of alcohol, tobacco products, drugs (other than drugs prescribed before or during camp and which are under the supervision of camp's medical team), or drug-related paraphernalia, including but not limited to rolling papers, vaporizers and pipes.
2. Campers will respect all areas of the Camp that are considered off limits and will not leave the campgrounds unless it is part of the program and under staff supervision.
3. Campers will not engage in any act of harassment or abuse including physical, emotional, psychological, verbal or sexual harassment or abuse, obscene conduct, violence, immoral behaviour, sexually inappropriate behaviour, bullying, etc.
4. Campers understand that all aspects of camp's programming are mandatory and agree to be positive and active participants in all of camp programs.
5. Campers will not vandalize, steal or abuse/destroy any property belonging to camp, a camper, a camp staff member or any other person.
6. Campers will not use or be in possession of cellular telephones, pagers, devices capable of uploading, downloading or streaming data, devices capable of



watching movies, television shows or music videos, or other communication devices.

7. 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.
8. Campers will not pierce or tattoo any part of their body during the summer.
9. Campers will refrain from any behaviour that Camp staff deem to be unacceptable and/or detrimental to camp.

You can download your signed Code of Conduct from the *Forms and Documents* section in [CampMinder](#). We review the Code with our campers at the beginning of Camp and reinforce these messages throughout the summer. We encourage you to review the Code with your camper(s) before the summer.

Once we have received guidance from Public Health, campers will receive an additional COVID-19 Code of Conduct that they must sign. In doing so, they will acknowledge their willingness to follow this summer's protocols and their commitment to maintaining a safe and healthy environment at camp.

Campers who violate our Code of Conduct place themselves and their fellow campers' physical and/or emotional safety at risk. If we feel that a camper's behaviour is threatening his/her well being, the well being of others or camp's ability to ensure a safe, inclusive and respectful environment, the following actions may be taken:

- The camper may have a meeting with a tent parent, member of the Camper Care Team, other Head Staff member and/or the Camp Director.
- A staff member might call you to discuss your campers' behaviour.
- The camper may be given a suitable consequence at the discretion of the camp staff. Examples of consequences can include: writing an apology letter, missing activities, losing privileges, doing avodah (work around camp). Whenever possible, our staff try to match the consequence with the behaviour involved.
- At the discretion of the Camp Director or other leadership staff member, the camper may have to switch chugs, Hadracha groups or tents.
- The camper may have to sign a behavioural contract.
- The camper may be sent home from camp early at their family's expense and responsibility. **There are no entitlements to refunds of any kind if a camper is sent home for behavioural reasons.**
- The camper may not be allowed to return to camp the following summer.



BAG DROP OFF

All campers will drop off their bags on July 1st at the Lawrence and Allen Centre (700 Lawrence Ave W). To avoid congestion and long waits, families will be given a designated drop off window which will be communicated approximately two weeks before the drop-off date. Volunteers will be there to assist in transferring camper baggage from your vehicle to the truck.

DEPARTURE TO CAMP

Posts and Rookies are departing the morning Sunday, July 3rd from the Lawrence and Allen Centre (700 Lawrence Ave W). We are waiting to determine whether campers need to travel to camp in cohorts: departure timing will be announced in May once COVID-19 protocols have been finalized.

Campers should bring a small backpack with them to the buses that contains a nut free lunch, snacks, water and hand sanitizer. Campers will not have room to take any additional bags, trunks, shelves and/or other items with them on the bus: please send these items up on July 1st.

RETURNING FROM CAMP

All campers and their baggage will return from camp on **Tuesday, August 16th to the Lawrence and Allen Centre (700 Lawrence Ave W).** Typically, campers arrive around 11am: you will receive an email once the buses have left camp with more accurate timing.

PACKING

Our [Packing List](#) covers everything campers should bring. Help us make camp a safe and happy environment by not packing any of the items in the “Do not pack” list. Many seemingly harmless things – particularly electrical appliances – can pose a risk to the safety of campers.

Every camper is different in what they bring and how they organize themselves. We recommend laying everything out with your camper so that they know what they are bringing and so that you can best determine what type of storage will work best .



WHAT TO PACK IN

Campers can bring **one trunk, one duffel bag and one to two set(s) of plastic drawers**. Typically, clothing is packed in the drawers and trunks, while bedding and towels, toiletries and shoes are packed in the duffel. Campers work together and with staff to move their belongings to their tents. Please make sure you can lift your bags: if you can't, we won't be able to either!

TRUNKS

Many campers bring the medium or large Rhino Armour trunk from [Camp Connection](#). Some campers choose to use a plastic bin like [this](#) or [this](#) instead. While these options are cheaper, they are not as durable. Make sure that whatever trunk/bin you choose is able to withstand being stacked in the luggage truck without cracking. **Please label the lid** of your trunk/bin with your camper's **full name**.

PLASTIC DRAWERS

Our packing experts have identified several popular designs of drawer units: please choose the one that best suits your packing needs.

- [Narrow and deep](#)
- [Short and wide](#)
- [Multi depth](#)

Pack your drawers fully and use duct tape to ensure that nothing falls out. The drawers will go straight from the truck to the tent: no unpacking required! **Please ensure to label your camper's full name on the top of their drawers.**

TOOLBOXES/LOCKBOXES

Campers can bring a small tool box or lock box to keep smaller items. They can bring a lock; however, they will be required to open the box for staff on the first day to ensure there are no medications, food or other restricted items inside.

FOR THE TENT

Many campers like to have [foam puzzle pieces](#) for the floor of the tent. Some campers bring twinkle lights to decorate the tent and add lighting. Campers also use a small standing or clip fan to cool off. Extension cords and power bars are popular packing items.



COSTUMES AND SPECIAL CLOTHING FOR PROGRAMS

We have many programs at camp where campers are encouraged to dress up. While we have many costumes and accessories on site, many campers like to bring their own silly hats, socks, necklaces, tutus and other clothing/accessories (\$20 at the Dollar Store is more than enough to outfit your camper for camp). Different coloured t-shirts are helpful for when campers are split into different teams for programs like Maccabiah. Some programs at camp might be messier than others so it is always a good idea to have one or two outfits that can get stained or dirty. Finally, don't forget a white t-shirt or pillowcase for tie-dying!

LABELLING

In order to prevent lost and misplaced items, please label every article of clothing and all belongings with your camper's full name. Labels should be machine washable and waterproof. [Click here](#) to purchase labels from Mabel's Labels. Mabel's Labels donates a portion of each purchase to the Solelim scholarship fund!

LAUNDRY & LOST ITEMS

Laundry is done once a week: the tents who have laundry will be announced every morning. Each tent receives two laundry bags: one for lights and one for darks. Dirty laundry is taken to a laundromat outside of camp and clean laundry is returned the following day. Laundry will commence on the first Thursday of camp and run up until the Friday before the campers go home. There is a washer and dryer on site in case of emergencies. Because of limited space in the tent, we do not recommend campers bring their own laundry bags to camp. Please ensure all your campers' clothing is clearly labelled (including socks!).

Lost and found is collected daily and stored in bins outside the Ulam (auditorium). Campers are encouraged to claim lost and found throughout the summer and especially at the end of camp. **Unclaimed items will not return to Toronto at the end of camp.**

ELECTRONICS POLICY

Camp Solelim is proud to be a screen free environment. We believe in unplugging from technology so that we can plug into the environment, activities, and relationships that make Camp Solelim the special place that it is. That is why we insist that our



campers leave most of their devices at home. Parents' understanding and support of this policy helps us ensure that our campers get the most out of their Solelim experience.

BRING TO CAMP

- **Screenless** (or tiny screen) music players that are incapable of connecting to WiFi (music players with screens that are capable of playing videos or games on them will not be allowed into camp even if they do not have these things downloaded on them). Here are some examples of allowable devices that can be purchased online: [sample 1](#) , [sample 2](#) or [sample 3](#). Pro tip: [click here](#) for a helpful article for converting your Apple Music/Spotify to mp3 files for your camp approved device!
- Small, lightweight digital cameras

PLEASE LEAVE AT HOME:

- Cell phones and/or any device capable of connecting to a cellular network (if your camper is travelling to camp from out of town/overseas, they may bring their devices for the trip, but must store them in the office while they are onsite)
- Devices capable of WiFi connection or downloading apps/music/movies/games
- E-readers such as Kobo, Sony Reader, Nook, Kindle, etc.
- Laptop computers, tablets, iPads
- Sony PSP or Nintendo products
- Any device capable of playing games, watching movies/TV shows/videos, uploading or downloading data, connecting to the internet and/or being used as a telephone (including iPod Touch and iPod Nano)

If campers bring devices with them to camp that are not allowed, we will take them away for the duration of the summer.

FROM CABINS TO TENTS

Living in tents is a defining feature of the Solelim experience. Four to six campers share one tent and most tents will have a mix of Rookies and Posts. Each tent has a concrete base and is large enough to house beds for each camper, trunks, and one set of plastic drawers each. Duffel bags are stored underneath the beds. There is a low wall and wooden frame over which a waterproof canvas hangs, allowing each camper some ledge space for smaller items. Campers can bring a hook if they would like to hang something from a side post, but there is no closet space. All of our canvas tents are



equipped with electricity, windows, a rain fly and a bug net, making them a cozy summer home.

Bathrooms and showers are located beside the tent site and are equipped with shelving units for campers to store their shower buckets and toiletry bags for easy access. Campers hang wet clothing and towels on clotheslines located in each row of tents.

WHY OUR CAMPERS LOVE LIVING IN TENTS

- Living in smaller groups and within different age groups breaks down social cliques and creates a positive sense of community
- Having no counsellors in the tent promotes independence and responsibility
- Tent living brings campers closer to nature – nothing compares to falling asleep to rain beating down on the canvas, or waking up to the smell of fresh dew and birch trees!

TENT PLACEMENT POLICY

We want all our campers to feel safe and happy with their tent placements. Our Camper Care team puts significant thought and effort into tent placement. Each camper will receive a phone call in May/June from one of our staff. On that call, your camper will be able to speak about what they like about camp, voice any concerns they have, ask questions about Solelim, share their interests and provide a list of people they think they would work well with in a tent.

We empathize with campers' desires to choose their tent mates; however, this creates more tension than it eases, causing many campers to feel alienated, intimidated and anxious for the summer. The Camper Care team does its best to put each camper with at least one person they feel comfortable, but we cannot guarantee requests.

TENT PARENTS

Staff sleep in separate tents which face the camper tents and can easily be accessed during the night if needed.

Every tent is assigned one or two staff as "tent parents." Tent parents are responsible for monitoring their campers' general health, eating habits, comfort within the tent (socially and physically) and camp experience.



During the first days and weeks of camp, tent parents work hard to ensure each of their campers are adjusting quickly and happily to camp life. They supervise campers during tent move in to make sure that everyone is comfortable and set up properly.

Every day, tent parents check in with each camper to see how they are doing, and visit their campers before lights out to say good night. If tent parents identify any issues, they report them to the Camper Care Team and/or Director who will work with the staff to find a solution. At least once a week, tent parents organize special “tent time” activities to help their campers bond with each other.

Tent parents make sure campers are present at camp programs and make sure that their campers see the nurse/doctor when they are sick or injured. On Fridays, tent parents meet individually with each camper for a weekly check-in. They talk about relationships with their tent mates and other campers, programming, the food, staff and their overall experience. Check-in notes are reviewed by the Camper Care Team who work with the staff and, if necessary, the Director to resolve any issues. Our tent parent system allows us to give every camper the support they need to have an amazing Solelim experience.

HEALTH & SAFETY

At Solelim, health and safety is our highest priority. All camp health professionals are fully informed about health issues prior to camp and they communicate with campers’ families during the summer should there be a need.

HEALTH CARE TEAM

Our fully equipped Health Centre is staffed by a nurse seven days a week. Our nurse administers prescription and non-prescription medications, runs daily clinics, cares for sick/injured campers and monitors health trends.

We partner with a local medical to provide telemedicine services to campers and staff at camp. Campers and staff will be able meet with a doctor virtually from the Health Centre. Should in-person care be required, a Solelim staff member will transport the camper to the clinic in a camp vehicle.

Camp Solelim retains the services of a social worker who specializes in working with adolescents. Our social worker schedules weekly check-ins with our Camper Care Team and Director and is available for consultation as needed.



Camp Solelim has 911 services available and a local hospital within a twenty minute drive from camp. In the unlikely event of an emergency, campers are taken to the Emergency Department at Health Sciences North in Sudbury.

Solelim's automatic external defibrillator (AED) is located in the Health Centre which is easily accessible from all areas in camp. The AED is serviced before camp and staff receive training on how to use it each year during pre-camp.

CONTACTING FAMILIES IN THE EVENT OF ILLNESS OR ACCIDENT

We work hard to make sure our campers are safe and happy all summer long, but should an unexpected illness or accident occur, our Health Centre will contact the camper's family.

Parents/Guardians can expect to receive a call if:

- Your camper is prescribed antibiotics or other medications
- Your camper requires an unscheduled visit to a physician, hospital or dentist
- An unusually long illness or an overnight stay in our Health Centre
- Prolonged homesickness or difficulty adjusting

We do not contact campers' families for minor medical situations such as:

- Giving over the counter medications, topical creams or lotions
- Minor cuts and scrapes
- Colds and short term illnesses that do not require prescription medication
- Homesickness that only lasts for a short period of time

SENDING PRESCRIPTION MEDICATIONS TO CAMP

All daily prescriptions must be packaged in blister packs where the dosing period includes all medications to be taken at that time. The label on each blister pack must include your camper's name, prescribed medication(s) and time(s) of day the medication should be given. The information on the blister pack label should match the information included on your Health Form in CampMinder - we will always differ to the instructions on the blister pack should there be any conflicting information.

We have partnered with [Postscripts](#) to provide blister packaging at no additional cost to our Camp Solelim families. [Postscripts](#) will prepare your camper's daily medication and deliver it directly to camp. We highly recommended using this service to ensure your camper's medication is packaged and delivered



safe and efficiently. If you are interested in using this service, please contact [Postscripts](https://www.postscripts.ca) at: (416) 398-4884 or contact@postscripts.ca.

Any medication not sent up in advance using [Postscripts](https://www.postscripts.ca) must be given to the staff at the buses on the day of departure. **If a camper arrives with daily medication that has not been packaged in a blister pack, we will take it to our local pharmacy and bill you for this service.**

Campers who need asthma inhalers and/or EpiPens should bring one on the bus to camp and send another to camp (in advance using [Postscripts](https://www.postscripts.ca)) or with the staff at the buses.

OVER THE COUNTER MEDICATION

Our Health Centre is stocked with generic 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.

Personal over the counter medications should only be sent to camp if your camper requires a specific brand of medication or if they require it on a daily basis. Any over the counter medications brought to camp will be kept in the Health Centre.

MEDICATION DISTRIBUTION

All 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. Exceptions will be made for medications required for emergency situations such as Epi-Pens and Ventolin inhalers and for certain topical creams.

Medication distribution will have its own dedicated location that is separate from our assessment clinic. This ensures that campers coming to take daily medications will not be exposed to sick campers.

Campers taking daily or weekly prescriptions will receive a regular time to visit the Health Centre Dispensary based on when they need to take their medications. Upon arrival, the campers will receive their medication. Campers are responsible for taking their medication and verifying they have done so with the Health Centre staff so it can be recorded in their digital health record. If campers miss their medication window, Health Centre staff will alert camp staff to send them to the Health Centre so they can



take their medication. **To ensure that we can track medication dispensation properly, all prescription medication brought camp must be packaged in blister packs.**

Campers who bring “as needed” prescription medication (PRNs) or over the counter medication to camp can visit the Health Centre any time they need it. All dispensing of medication will be 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. Please review the following sun safety expectations with your camper before camp:

- Campers must wear hats during all outdoor activities. Since hats are often easily misplaced, we recommend packing at least three to ensure your camper always has one on hand. 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. **Campers who do not bring a hat or who lose their hat(s) will be provided with a Camp Solelim hat; families will be billed \$20 for each hat provided.**
- Campers will be reminded to apply sunscreen several times a day. Sunscreen brought to camp should be sweat proof, waterproof and offer a minimum protection of SPF 30. Our staff set a positive example by demonstrating their vigilance in applying sunscreen and will remind campers to do so as well. 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.
- 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 set up 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 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 insect repellents. All our tents are equipped with insect netting at the entrance and windows. We also



partner with [Mosquito.buzz](#) to reduce the number of bugs at camp during the summer.

ALLERGIES & FOOD SAFETY

Please make sure that we are aware of any serious allergies your camper may have whether it is an allergy to food, insects, medication or anything else. Solelim has EpiPens stationed in several places at camp, including the dining hall, waterfront, Health Centre and office; however, we also request that campers who carry EpiPens bring theirs with them to camp as well. **All campers with anaphylactic allergies must wear a medic alert bracelet while they are at camp.**

Due to the remote location of our canoe trips, and the distance from emergency medical facilities, we feel we are unable to guarantee a safe environment for campers with anaphylactic allergies. As such, campers with life threatening allergies are not eligible to participate in our tripping program.

LICE CHECK

All campers will be checked for head lice. This is a common practice among camps and helps prevent the spread of lice. We recommend that families check their campers' heads thoroughly in the weeks and days leading up to 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.**

CLEANING, SANITIZATION & HAND HYGIENE

Like in 2021, Solelim will significantly increase its cleaning and sanitization procedures this summer. Bathrooms and shared spaces will be cleaned and sanitized multiple times per day. Hand sanitization stations will also be located at every activity and eating area so that campers and staff can wash/sanitize their hands before and after every meal and activity.

COVID-19 VACCINATION POLICY

We believe that to deliver the best Camp Solelim experience possible, it is important that everyone who is eligible be vaccinated. Subject to Solelim's legal duty to accommodate, campers, staff and visitors are required to be fully vaccinated before camp. Please [click here](#) to see our full COVID-19 Vaccination Policy.



FOOD AT CAMP

Camp Solelim is a nut aware camp. The food and snacks prepared at camp do not contain nuts in the ingredients. We also do not use ingredients labelled “may contain nuts.”

We understand that some campers may have dietary restrictions or requirements. 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.

Campers are not allowed to bring food into camp as it attracts unwanted critters – big and small – to our tent site. In order to ensure the safety of all our campers, bags will be checked for food upon arrival at camp. **Please do not send food with your camper as it will be confiscated.**

TUCK

Campers have a wide selection of candy, chips, chocolate and drinks to choose from. Your camper’s tuck fee is included in your general camper fees. “Special tuck” such as toiletries and water bottles are available on request. Parents will be contacted for reimbursement.

A big part of keeping our camp community safe this summer is controlling the number of people “outside our bubble” coming in and out of camp. The only people who will be allowed to enter camp are the people who are needed to keep camp running: they will follow strict rules and need to be masked and distanced from our campers and staff at all times.

PROGRAMMING

At Solelim we are proud of our creative, diverse programming that is tailored towards our teenage campers. In addition to this section, more information on Solelim activities and programs can be found on our [website](#).

CHUGS (ACTIVITY PERIODS)

Before camp, campers will receive an online form that they will use to identify their activity preferences. This enables our programming team to schedule everyone’s



activities so that they are ready to go right after they move into their tents! Campers will have two different chug days, allowing them to experience up to six different activities. Halfway through the summer, campers can choose a new set of chugs. Certain chugs like bama (camp play) and Bronze Med/Cross carry through both chug days and sessions.

SPECIAL PROGRAMS & TRIPS

Solelimnicks love programs like [Maccabiah](#) (colour war), [Rookie/Post Week](#) and [Reality Shows](#) and we are committed to bringing them to life this summer, just like we did in 2021.

We look forward to taking our older campers on Post Week - a three day, two night trip to Manitoulin Island. During this trip, campers will stay on a secluded camping site with private washrooms. All programming will be done as a closed group and campers will be expected to follow public health protocols while out of camp.

CANOE TRIPS

Our canoe trips range from one to five nights long and range in from easy to moderate to challenging. Each trip incorporates canoeing, portaging, back country camping and campfire cooking. Campers have the choice to opt in to a canoe trip and we encourage them to do so. Trips are a great way to experience the outdoors, venture outside one's comfort zone, and build teamwork and leadership skills! The majority of our trips explore Killarney Provincial Park, with one trip venturing out to Temagami.

SCHEDULE

A sample daily camp schedule is posted on the last page of this handbook.

QUESTIONS

We know that so much goes into preparing for an amazing summer. If there's anything you're wondering about, we're here to help. Please [call](#) or [email](#) us if you have any questions or concerns. We're counting down the days until Solelim 2022!



DAILY SCHEDULE

| | | |
|-----------------|---------------------------|--|
| 8:00 AM | WAKEUP | <i>Boker tov... good morning, Camp Solelim!</i> |
| 8:15 AM | BREAKFAST | |
| 9:00 AM | MORNING MIFKAD | <i>The entire camp gathers to sing O Canada and share announcements.</i> |
| 9:15 AM | DAY PREP | <i>Wash-up, tent cleaning/avodah, get ready for the day: hat, sunscreen, water bottle... go!</i> |
| 10:00 AM | CHUG A | <i>First activity period of the day.</i> |
| 11:00 AM | SNACK & MUSAG | <i>Musags are programs that provoke thought and give campers a space to have meaningful conversations about important issues/ events and to develop leadership skills.</i> |
| 12:30 PM | LUNCH | |
| 1:30 PM | MENUCHA | <i>Rest Period - campers can play pick up sports, participate in staff led activities or hang out with friends</i> |
| 2:00 PM | GENERAL SWIM | <i>The whole camp gathers at the waterfront for swimming, games, boating, water tramp, tubing and more!</i> |
| 3:30 PM | SNACK & CHUG B | <i>Second activity period of the day.</i> |
| 4:30 PM | CHUG C | <i>Third activity period of the day.</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 (night watch) is on duty to ensure there are no issues during the night.</i> |

