

788 Marlee Avenue
Toronto, Ontario
M6B 3K1

CAMP SOLELIM

A Touch of Israel in Ontario's North

6490 Tilton Lake Road
Sudbury, Ontario
P3G 1L5



2023 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

CAMPER BAGGAGE DROP OFF	Friday, June 30th
POSTS* DEPARTURE	Sunday, July 2nd
ROOKIES* DEPARTURE	Tuesday, July 4th
VISITORS' DAY	Sunday, July 23rd
CAMPER BUSES RETURN TO TORONTO	Tuesday, 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. We have not been able to run Post-Pre Camp for the past two summers due to COVID-19 protocol, and we look forward to reinstating this special tradition in summer 2023.

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:

Until mid-June, Camp Solelim runs out of our Toronto office. Please email our Administrator, Ruth at office@campsolelim.ca for information about payments/billing, forms, special requests, or any questions about getting ready for camp. To set up a meeting or call with our Director, Shauna Waltman, please email director@campsolelim.ca. We will do our best to respond to your email within 24



business hours. Please note that the 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 19th. 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 TO CAMPERS

Campers look forward to receiving news from home and we encourage families to write regularly. Families are be able to email their campers through Bunk1. Instructions about using the Bunk1 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!**

LETTERS/EMAILS FROM CAMPERS

All camper mail (except for Israeli campers) is sent via snail mail. Please send your camper with paper, pens/pencils, envelopes, stamps and addresses. We collect and send camper mail daily during the week.

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

PACKAGES

Campers are not allowed to receive any packages unless they are celebrating a birthday at camp. Campers can receive ONE package on their 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. 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.

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 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. 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!

2023 CODE OF CONDUCT:

Providing a fun and meaningful summer experience begins with creating an environment where each camper feels safe and accepted. We entrust all our campers with the responsibility of treating each other, staff, visitors and our environment with respect.

In order to ensure that all campers get the most from their experience at Camp Solelim and to help ensure the safety and security of all participants, the Camper and their Parents/Guardians hereby acknowledge and agree to the following:

1. The Camper 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.
2. The Camper will respect all areas of the Camp that are considered off limits and will not leave the campgrounds unless they are under staff supervision on a camp-related program/outing.
3. The Camper understands 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 at Camp. 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.
4. The Camper understands that engaging in the above behaviours will lead to their dismissal from Camp. Furthermore, the Camper is also aware that reports of sexual



harassment or misconduct or other illegal behaviour will be redirected to the appropriate authorities.

5. The Camper will be inclusive and kind to others. The Camper 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.
6. The Camper will not tease, put down, or make jokes at others' expense. The Camper understands these behaviours may cause others to feel offended and/or unsafe and/or might provoke retaliatory action leading to injury or property damage. What may seem harmless to the Camper may have lasting emotional or physical consequences for others.
7. The camper understands that the sensitive nature of personal health information including, but not limited to, self-harm, suicide/suicidal ideation, sexual harassment/assault, abuse, etc. can be triggering or distressing to other campers. The Camper agrees to discuss this information with their staff or a member of the camper care team and not with other campers.
8. The Camper will attend all scheduled activities, meals, and programs unless excused by Camp staff. The Camper understands 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 the development and implementation of our program. If the 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 will not be able to accommodate them.
9. The Camper will not steal, vandalize and/or intentionally damage others' possessions, nor will they borrow others' possessions without their consent.
10. The Camper 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. The Camper understands that they may be required to participate in the repair of any damage they were involved in creating.



11. The Camper 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.
12. The Camper 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.
13. The Camper understands they are responsible for maintaining their personal hygiene including, but not limited to, taking regular showers, brushing their teeth, changing their clothes regularly.
14. 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.
15. The Camper will not visit or enter other tents, unless given permission by staff. Furthermore, the Camper understands that they are sharing their tent with other people and that engaging in sexual activity in a shared space not only violates the Code of Conduct, but is inappropriate and unfair to their tent mates.
16. The Camper will follow set curfew hours and stay in their tents after lights out.
17. The Camper will not pierce or tattoo any part of their body during the summer.
18. The Camper will refrain from any behaviour that Camp staff deem to be unacceptable and/or detrimental to the Camp program.



Campers who violate the 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 their tent parent, Head Counsellor, a Head Staff, Social Worker, or the Camp Director.
- The Camper's staff member might call their parents to discuss their behaviour.
- The Camper may be asked to sign and adhere to a behaviour contract.
- The Camper may be given, or be asked to carry out, a suitable consequence to be decided by camp staff. Examples of consequences include but are not limited to: writing an apology letter, missing activities, losing privileges, acts of service around camp, having your own tent or tent mates moved, being sent home from camp early at the parent/guardian(s) expense and responsibility, not being allowed to attend or return to camp etc.
- If the Camper's behaviour is hurtful to themselves, others or camp property, they will likely be sent home that same day or as soon as possible thereafter at the parent/guardian(s) full expense and responsibility.

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 strongly encourage parents/guardians to review the Code with their camper(s) before the summer.**



BAGGAGE DROP OFF

All campers will drop off their bags on June 30th at Herbert H Carnegie Centre (580 Finch 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. **Due to space restrictions, only out of town campers are permitted to bring their bags on the bus on Tuesday, July 2nd.**

CAMPER DROP OFF

Posts (just finished grade 9) depart at 8AM Sunday, July 2nd from Herbert H Carnegie Centre (580 Finch Ave W). Posts only move into their tents once the Rookies arrive. Therefore, they will need to pack a carry-on bag for the first three days of camp. Please pack the following: a sleeping bag, bathing suit and towel, hat, water bottle, toiletries (don't forget sunscreen and bug spray!), running shoes, flip flops, two days of clothing and any emergency medications (such as epipens and inhalers). For the bus ride, Posts should bring nut free snacks, water and hand sanitizer.

Rookies (just finished grade 8) depart at 8AM Tuesday, July 4th from Herbert H Carnegie Centre (580 Finch Ave W). Rookies should bring a small backpack with them to the buses that contains nut free snacks, water and hand sanitizer.

RETURNING FROM CAMP

All campers and their baggage will return from camp on **Tuesday, August 15th to Herbert H Carnegie Centre (580 Finch Ave W)**. Typically, campers arrive around 11am: you will receive an email once the buses have left camp with more accurate timing.



PACKING FOR CAMP

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 can pose a risk to campers' safety.

WHAT TO PACK IN

Campers should bring **ONE** trunk, **ONE** duffel bag and **ONE** set 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

Most of our campers buy the medium or large [Rhino Armour trunk](#) at [Camp Connection](#). Some campers may choose to purchase a plastic bin like [this](#) or [this](#) instead. Trunks/bins will be stacked on top of each other in the baggage truck: please make sure that whatever you choose is able to withstand being stacked without cracking. **Pro Tip: label the lid of your camper's trunk/bin with your camper's name using permanent marker or duct tape.**

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](#)

There is limited space in the tent: campers bringing a trunk/bin should only bring one set of large drawers with them. If do not bring a trunk/bin, you may substitute it with 1-2 extra sets of drawers.

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



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 and when requested 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. We recommend sending a standing or clip fan as well. Each tent has two outlets: some campers find bringing extension cords and power bars useful to extend electricity closer to their bed.

COSTUMES AND SPECIAL CLOTHING FOR PROGRAMS

We have a lot of 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 and 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 (even socks!) with your camper's **full name**. Labels should be machine washable and waterproof. [Click here](#) to purchase labels from Mabel's Labels. Mabels Labels donates a portion of each purchase to the Solelim scholarship fund!

LAUNDRY

Laundry is done once a week: the tents who have laundry will be announced every morning. 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.

LOST & FOUND

Lost and found is collected 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.**



SPENDING MONEY

We are planning some opportunities for campers to leave camp to participate in special programming. All these activities are paid for by camp and we provide meals and snacks whenever campers leave our site. In the past, campers have brought a small amount of money (\$25-50) to purchase their own snacks when outside of camp. This is completely optional and is not required at all.

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 small screen) music players with no ability to connect to WiFi or data (phones or iPods that have WiFi or data capability will not be allowed at camp even if they have no SIM card or are disconnected from WiFi). These are examples of acceptable players: [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, inexpensive digital or disposable camera

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, 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 (including iPods).



If campers bring devices with them to camp that are not allowed, we will take them away for the duration of the summer (including Visitors' Day). If a camper is found with a device after Visitors' Day, that device will be donated to a local shelter and not returned to the camper.

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, their 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 hooks if they would like to hang something from a side post, but there is no hanging 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

Our goal is that every camper feels safe and comfortable with their tent placement. Our Camper Care team puts significant time and thought into the process. Each camper receives a phone call from a staff in May/June: on this call they'll discuss what they like about camp, voice any concerns, ask questions, share their interests and provide a list of people they think they would work well with in a tent. The Camper Care team does its best to put each camper with at least one person they feel comfortable, but cannot guarantee requests. If your camper has a history of bullying or



social aggression with a specific individual(s) and should not be in a tent with them, please let us know.

The vast majority of fun and excitement at camp happens OUTSIDE of the tent. Tents are primarily for sleeping and changing. Campers will have so many opportunities to be with everyone they want to be with during chugs, programs, meals and free time.

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 help campers adjust quickly and happily to camp life. They supervise tent move in to make sure that campers are set up properly and have everything they need.

Tent parents check in with each camper every day 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 Leadership Team who will work together to find a solution. At least once a week, tent parents organize special "tent time" activities to help their campers bond with each other.

On Fridays, tent parents meet one-on-one 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 and flagged for any necessary follow up. 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.

Campers requiring a physician consultation are taken to Northwood Medical Clinic at Four Corners which is a 10 minute drive from camp. We are also able to access dental and orthodontic care in Sudbury.

Our camp social worker specializes in working with adolescents. She is on site for half the summer and on call for the other half. Our social worker checks-in daily with our Camper Care Team and advises on support plans for campers/staff mental health, adjustment and/or behavioural challenges at camp.

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 requires a visit to a doctor, hospital or medical professional
- Your camper is prescribed medication
- Your camper has an unusually long illness or spends a night in the Health Centre
- Your camper has prolonged homesickness or difficulty adjusting
- Your camper's mental health is causing concern and/or is requiring significant staff support



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

- Your camper is given over the counter medications, creams or lotions
- Minor cuts and scrapes
- Your camper has a cold, headache, dehydration, sunburn, and/or other short term illness that does not require a doctor visit or result in an overnight stay in the Health Centre
- Your camper is homesick for a short period of time

DAILY/REGULAR MEDICATIONS

In an effort to improve efficiency of medication administration and ensure your camper gets medication at appropriate times, we are moving to an enhanced protocol that involves smart blister packaging through a pharmacy called Postscriptions.

Postscriptions will prepare, package and send your campers' medications directly to camp for you. There is no additional cost or time for you. Each medication will be labelled, and packaged as per dosage instructions so that it can be easily entered into our system and administered by our medical team. **Please note ALL daily/regular medications for the camp season must be arranged through Postscriptions. If your child takes over the counter medication on a daily basis (such as allergy medication or vitamins), it should be ordered this way as well.**

The purpose for doing this is to ensure the safest possible medication dispensing system for your children. In a setting with over 200 people, safe and efficient medication management is a top priority. We very much appreciate that not every situation may fit or there may be some unique circumstances. We of course welcome your questions, and we always enjoy our conversations as we learn how to best meet everyone's needs.

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

Asthma inhalers, Epipens and other as needed prescriptions can be ordered through Postscriptions or through your current pharmacy. Campers should bring any emergency medication (such as inhalers or Epipens) on the bus to camp and send another to camp (in advance using Postscriptions or with the staff at the buses).



OVER THE COUNTER MEDICATION

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.

There is no need to send over the counter medications to camp. **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. Exceptions will be made for medications required for emergency situations such as Epi-Pens and Ventolin inhalers and for certain topical creams.

Campers taking daily/regular medication receive a regular time to visit the Health Centre Dispensary. 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.

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 and reapply sunscreen daily. 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 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.

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 ensure 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 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 AT CAMP

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.

Camp Solelim is a nut aware camp. The food and snacks prepared at camp do not contain nuts in the ingredients.

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 and can pose a serious threat to the safety of campers with allergies. 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.**

VISITORS' DAY

VISITORS' DAY 4-1-1

Visitors' Day will be at Solelim from 11:00 AM to 3:30 PM on Sunday, July 23rd.

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 will start at 10:30 AM. Visitors will be bussed back to Four Corners Plaza at 3:30 PM. Campers and their visitors must remain on camp property during Visitors' 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.

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.



Visitors will have the opportunity to tour camp, participate in various activities, meet with staff and enjoy lunch and refreshments. Campers will participate in a short program for all visitors on the basketball courts followed by optional performances by various music and dance groups. A detailed schedule of activities will be emailed in advance and posted onsite.

FOOD AND PACKAGES

A BBQ lunch (with vegetarian options) will be served onsite along with salads, sides and sweets made by our amazing kitchen team. Additional treats will also be available for purchase at our tuck shop.

We understand the desire to want to bring things for your child on Visitors' Day, and to spoil them with items they may miss while away at camp. Nonetheless, we respectfully ask that you continue to follow 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!). Parents may leave a maximum of one grocery bag of food & drink per camper today only. Any food not eaten at our evening program that evening will be thrown out or donated. **Products containing or may contain nuts in the ingredients, bottled water of any kind, and cases of pop are strictly banned and will be confiscated.**

STAYING IN SUDBURY

The following hotels are all great options for anyone wishing to stay overnight either Saturday or Sunday:

HAMPTON INN

2280 Regent Street
705-523-5200

HOLIDAY INN

1696 Regent Street
705-522-3000

TRAVELODGE HOTEL

1401 Paris Street
705-522-1100

MORE TIPS FOR VISITORS' DAY

- Please help keep Solelim clean (and bear free!) by placing garbage in the appropriate receptacles and paper, cans or bottles in our camp's recycling bins.
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- Our staff work as a team. Please do not tip camp staff. In our experience, kind words and/or a note go farther than any gift.
- Camp Solelim is a smoke free environment. Thank you for not smoking on our camp site.



- Dogs are welcome for Visitors' Day. Please keep your furry friend on a leash and provide any necessary scooping of poop.
- We ask that you respect our end time of 3:30 PM and load the buses quickly so that we can transition back to regular camp programming.



TYPICAL 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 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 programs that provoke thought and give campers a space to have meaningful conversations about important issues/events and to develop leadership skills.</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 (night watch) is on duty to ensure there are no issues during the night.</i>

