

# DAY-TO-DAY POLICIES

## **The NBB Camp Family**

We are family at camp and as family it's expected that we are all responsible and respectful to each other. During the first few days of camp, our staff talks to the campers about building a camp community that is emotionally and physically safe for everyone.

## **Food/Snack**

We will be providing each cabin ONE night (the first night of camp) for the opportunity to party with their food. After that party is over, we will be collecting all the food in the cabin and storing it in a plastic bin OR donating all or portions to a local food bank. The bins will be taken out of the cabin and stored with the Unit/Section Leaders. If food remains that has not been donated, the food will be brought back to the cabin occasionally for rewards, birthday parties, and to promote positive "cabin bonding." The food becomes property of the entire cabin. We are doing this to keep the insects and rodents out of the cabin, and to ensure that food allergies are not violated. Both of these are very important health and safety issues.

This summer's program calendar will have 2 set snack times. There will be systems in place to ensure that the campers will have healthy snack options.

There may be medical exceptions to the general food policy but only if mandated by the Camp Director.

## **Packages**

Each camper will be opening his or her own packages in front of the office staff. To coincide with our food policy, any edible item that has been sent through a package to a camper will be donated or placed directly into the cabin's bin of food.

## **Water Bottles**

To keep our campers and staff hydrated, we have strategically placed water fountains throughout camp. We are strongly encouraging everyone to always have water bottles with them throughout the day. Please write your name on the bottle and, if necessary, they are available for purchase from the canteen.

## **Closed-Toe Shoe Policy**

Campers must wear proper running shoes for any Hobby or Activity period at camp. Crocs do not serve the purpose of a "closed toed shoe," as it does not provide the necessary support or safety for the athletic activity. Flip Flops and sandals are acceptable forms of footwear for the dining hall and waterfront activities.

## **Graffiti**

Campers love to leave their mark. There used to be a time when campers made their mark on the walls of their bunks. This practice is no longer allowed and, in fact, if campers do write on the walls they are responsible for removing it or paying the cost of removing it.

## **Cell Phones & Electronics**

At camp, we strive to give our campers an "unplugged" environment, where they can take a break from the ever-connected world of Internet, television, and video games, and just enjoy being outdoors. Electronic devices may not be used at any time while campers are out of their cabins at activities, hobbies, or meals.

Non-data music players may be brought to camp but must be kept in the cabin at all times, and may only be used during rest hour and before bedtime *with permission from the cabin counsellors*. Campers will not have access to an Internet connection, and cell phones or data devices are **never** permitted at camp. **Any items of value are the responsibility of the camper, and Camp Northland will not be held responsible for loss, damage, or theft.**

Cell Phones and other data devices, as well as e-readers are not permitted at camp at any time. If we see them, they will be collected and stored in the office for the camper's duration. We will return the device to a parent after the camper leaves.

## **G<sup>3</sup>**

Our initiative known as 'G-cubed' is an important part of the camp program. This year, we are encouraging every bunk to participate in some form of good, giving, and generous activity. These activities might occur in camp, to benefit camp or to some outside organization. The activity chosen really depends on the needs and interests of the group. As groups make decisions about their contributions, we will be sharing the information internally to avoid duplication.

We also want to see conscious thought and planning going into creating 'Gemach' like opportunities. A Gemach is a system of sharing amongst members of a community – some thoughts and principles to consider: give what you can and take what you need, re-use items, generosity can be learned by osmosis. Each camper has been asked to bring an item to donate to our G<sup>3</sup> initiative and we received many donations before camp as well. Each cabin must brainstorm how they can contribute throughout the summer but also must know that the G<sup>3</sup> program is there for their assistance and support as well as needs arise.

How will you use your new G<sup>3</sup> birdhouses/mailboxes to share these messages?

## **Kashrut**

Camp Northland keeps a kosher kitchen and a kosher camp. We do this so that no person is denied the opportunity of participation because of his or her dietary practices.

Kashrut (kosher) is the body of Jewish law dealing with what foods we can and cannot eat and how those foods must be prepared and eaten. Camp Northland has the following procedures and practices in place to ensure that the kosher requirements are met:

1. All food prepared and served is kosher.
2. Camp Northland has separate cooking utensils, plates, ovens, etc. for meat and for milk.
3. Camp Northland never serves meat and milk products together during the same meal or snack.
4. Camp Northland uses tablecloths during meat meals.

5. Camp Northland does not cook on Shabbat. Instead we serve pre-prepared food. Shabbat is after dinner Friday until after Havdallah Saturday. Any staff member outside of camp, but supervising campers, must not eat unkosher food while on duty and/or while performing supervisory functions.

### **Sunscreen, Hats and water**

One of the most dangerous and easily preventable emergencies is dehydration/heat emergencies. Campers must always wear a hat outside, and staff must model this behaviour. Sunscreen must be worn by all campers and staff throughout the day and refreshed as needed regularly. Campers with allergies must only use their personal sunscreen. Therefore, never share sunscreen with a camper that has a medical alert. These campers must use their own sunscreen at all times. Encourage campers to drink lots of water, stay cool in the shade whenever possible and stay protected with hats and sunscreen. If someone is showing signs or symptoms of a heat emergency, remember to COOL QUICKLY and seek help whenever needed.