



CAMP J 2026

GROWN-UP GUIDE

Tucson J Service Pledge

We create community based on Jewish values by providing the highest quality programs and services in a safe and secure environment for all people of all ages.

Camp Mission Statement

Camp J provides an intentional summer program where all campers are empowered to discover, learn and grow through experiential play.

JEWISH HERITAGE

Jewish traditions are a part of the culture of the Tucson J. Many basic values of Judaism are incorporated into our activities. These values include: Hachnasat Orchim (Welcoming Others), Chesed (Loving Kindness), Yetzilah (Creativity), Kavod (Respect), Tikkun Olam (Repair the World), Hakarat Hatov (Recognize the Good: Gratitude), Hatmada (Persistence/Grit), Advodat Tzevet (Teamwork/Sportsmanship), and Kef (Fun)! We create enjoyable and meaningful Jewish cultural experiences through daily and weekly traditions such as: Shabbat, singing and dancing, Ruach (spirit), art, cooking and usage of Hebrew words.

Shabbat

Each week we host a Shabbat program on Friday. We will be singing Shabbat songs, our favorite camp songs, dancing, reciting the traditional Shabbat prayers, as well as other special programming. This is the time when we come together as a camp community and celebrate the week that we have had together. Shabbat at camp is all about community, celebrating our time together, and welcoming in the week ahead of us.

We are also happy to announce we have two Shlichim joining Camp J this summer! Shlichah is Hebrew for messenger. Among their other responsibilities it is their goal to teach as many campers about Israel and Israeli Culture as possible.

INCLUSION

DEI Statement

At the Tucson J, we strive to be a team where everyone is involved, respected, and heard. We recognize the value of all identities, abilities, and experiences, creating a work-place environment where employees, members, and the broader community feel empowered to be their full self. An empowerment that resonates with a positive impact on our team, and the community we serve. Be you, with us!

Accommodations Statement

The Tucson J is committed to the inclusion of all people of all identities. As part of this commitment, we will work with any camp family who believe reasonable accommodation will benefit their camper's ability to be successful in Camp J's setting.

STATEMENT OF CHILD CARE SERVICES

Camp J maintains services and records in accordance with ADHS licensure requirements, including annual updates and application process with applicant's name, physical address, fees and site visit. We are licensed by the Arizona Department of Health Services, located at 400 West Congress St., Tucson, Arizona,

85701 (phone-520-628-6540). Yearly inspection reports are available upon request. The Camp J program, in cooperation with the Tucson J Board, develops the program policies. The agency carries liability insurance as required by R9-5-308.

CAMP J SUPPORT TEAM

We feel strongly that a skilled, caring staff ensures a safe, creative and enjoyable camp experience. Camp J is supervised by full-time program staff each summer.

Cass Johnson – Director of Camp and Youth

Alma McCune – Assistant Camp Director

Kassandra Ramirez – Camp J Office Manager

Izzy Carney – Inclusion Coordinator

Ella Hennings- Noar Unit Head

Ari Scudder – Shalom Unit Head

Campbell Montelli – Giborim Unit Head

Davis Hubbell – Tiyul Unit Head

Laura Hatfeild – Nisayon Coordinator

Katherine Standridge – AMPM Care Coordinator

Our camp staff is comprised of an outstanding and enthusiastic group of individuals. In addition to CPR/First Aid certified counselors, our staff includes:

- Office Manager
- Medical Specialist
- Counselors (AM/PM, Noar, Shalom, Giborim, Tiyul)
- Advocates
- Art & Specialist
- Cooking Specialist
- Sports Specialist
- Theatre Specialist
- Discovery (Experiential Learning) Specialist
- Tikkun Olam (Service of Self, Others, Diversity and Inclusion) Specialist
- Red Cross Certified Aquatics Staff

All staff will participate in an extensive training and orientation program before camp begins. This program includes first aid and CPR, activities to get to know the camp facility and procedures, and effective communication and behavior management skills. Staff also participate in weekly training and development throughout the summer. In addition, all staff have completed criminal background checks and have

obtained fingerprint clearance cards. Camp J's Support Team will use their skills to assist in counselor growth and camper success throughout the summer.

CAMP J DATES, HOURS & CONTACT

Camp runs for 10 weeks, from May 26th through July 29th. Camp will be closed on Monday, May 25th for Memorial Day, and Friday, July 3rd. Week 10 is only 3 days.

Camp Hours are 9:00-4:00pm daily. Counselors for each group are available from 8:30am-4:30pm. AM-Care and PM-Care are included within Camp. Campers can be dropped off as early as 7am and picked up no later than 6pm. AM-Care hours are from 7:00am-9:00am and PM-Care hours are 4:00pm-6:00pm

There is no prior registration or notification required for AM or PM Care. **Late pick up after 6:00p.m. will result in a \$5 per minute charge.**

The camp office can be reached 8:30 a.m. - 4:30 p.m. Monday-Friday at 520-299-3000 x6160 during camp. The Camp J Support Team can be reached by email at camp@tucsonjcc.org.

Meet our Staff!

We will be hosting a "Meet the Staff" night on Tuesday, May 20th from 5:45pm-6:30pm. This provides the opportunity for campers and their families to meet their counselors, advocates, and support staff. This will allow you and your camper to ask all the questions you may have and familiarize yourself with staff and camp space.

UNIT INFORMATION

Campers are assigned to a unit based on their grade in school in the upcoming school year. They are then placed in an age-appropriate group within their unit. Staff members are assigned to groups based on experience, education, and the needs of the camp.

Noar (Youth), Entering Kindergarten | Ella Hennings - Noar Unit Head

Noar is especially designed for rising Kindergarteners to enjoy the full camp experience, a perfect primer before heading off to full-day school. With age appropriate camp programming designed to meet their developmental level, we can foster social and emotional skill development and forge new friendships. All Noar campers receive daily instructional swim, a rest period, and longer transition time for bathroom breaks and taking our time, among other activities.

Shalom (Peace), Entering Grades 1st-2nd | Ari Scudder – Shalom Unit Head

A program designed for campers to enjoy the traditional day camp experience and explore all the Tucson J has to offer. Grouped by age and led by experienced specialist instructors, campers partake in programming designed to meet the needs of their developmental level and participate in Chugim (electives) they choose for

themselves every Friday. Social and emotional skill development is paramount for this age group – being within a community allows campers to grow together and create lasting friendships. All Shalom campers will receive swim instruction twice a week as part of their summer fun.

Giborim (Heroes), Entering Grades 3rd-5th | Campbell Montelli– Giborim Unit Head

In Giborim, campers enjoy weekly activities designed to nurture creativity, build skills, explore new things, and have fun. During the week, Giborim campers participate in Chugim (electives) led by experienced specialist instructors, deepening their interests and gaining access to higher level instruction. Grown-Ups will be sent a Microsoft form via Camp J emails one week in advance. Our intention is for you to discuss, with their camper, and select their top three choices. On Fridays, campers venture outside the J for field trips. Giborim will enjoy their provided Friday lunches with Shalom during their lunch period. Giborim will depart for their field trip around 12:00 and return to the J between 2:30 and 3:30.

Tiyul (Trip), Entering Grades 6th-8th | Davis Hubbel - Tiyul Unit Head

Our Tiyul program is designed to give older campers a unique experience designed with the needs of 'tween and teen participants in mind. Campers will cultivate their independence and gain self-confidence by building new skills, engaging in teamwork, making new friends, and developing awareness of self and the world around them. Each week will include day trips, and 1 overnight on Thursday nights at the J or multi-night overnights off-campus.

Nisayon (Experience), Entering Grades 9th-10th | Laura Hatfield – Nisayon Coordinator

The Nisayon unit for teens is an intentional 2 session experience for rising 9th and 10th graders centered around personal growth in leadership and independence. There will be two, 4-week sessions. Throughout the sessions, Nisayon leaders will experience team building activities, assist specialists and counselors, and learn more life-skills such as resume building, interview skills (with our admin team), and more.

Inclusion Program | Izzy Carney – Inclusion Unit Head

The Camp J Inclusion Program highlights our commitment to providing an intentional summer experience for all campers. We believe that all campers benefit from an inclusive community with equitable access to recreation.

Our Inclusion Program for rising Kindergarten through 10th-grade allows us to provide additional support that benefits a camper's experience. We can accommodate 1:1, 1:2, and 1:3 pairings based on campers' required level of support. The enrollment process is individualized, aiming to meet each camper's needs to obtain as much success as possible.

Groups and Programming

All groups will have about 16-22 campers with two Counselors and as needed, Advocates. During the week, campers will experience many different activities linked with life skills. Below are only a few examples of how campers benefit from Camp J programming:

- Art- Imagination and Freedom of Expression
- Sports– Collaboration and Teamwork
- Cooking – Creativity and Attention to Detail
- Theatre – Creativity and Self Expression
- Discovery (STEM and Experiential Learning) – Critical thinking and Perseverance
- Tikkun Olam - Social Responsibility and Initiative
- Chugim – Independence and Exploring Curiosity

CAMP J DAY-TO-DAY INFORMATION

Drop-off & Pick-up Options

- Walk-In

Veer to the left from Alvernon and Dodge, when pulling into the lot park and walk your camper(s) in. You will walk past the front desk and head towards the Ballroom, where you will see the Camp J check in and out desk. You will be prompted to check your camper in, on your camper's first day of camp, all forms must be complete and submitted. If you are missing any required forms you will be asked to fill them out at drop off. The person at the desk will leave their post around 9:15a.m. If you are dropping off after 9:15a.m., you will need to walk your camper into the ballroom and catch a support team member in the camp office to sign your camper in. The camp office is located in the back right corner of the ballroom.

The same process applies for pick-up. You will approach the same desk as drop-off, sign your camper out and we will call for them from their group. If you plan to pick-up prior to 3:30p.m., you will need to walk into the ballroom and catch a support team member in the camp office to sign your camper out.

- Curbside

To minimize the amount of people in the building, we are offering curbside drop off by car to families with campers ages 4-15 years old. Curbside drop off will only be offered from 8:15 a.m.-9:00a.m. Curbside pick-up will be offered from 4:00p.m.-4:45p.m. and will require the use of PikMyKid (additional information below). Any attempts to drop off or pick-up outside of the determined curbside time periods will require you to park and come into the J.

During curbside drop off and pick up, if you are unable to meet the following guidelines, you will be kindly asked to park and walk your camper in:

- All curbside drop off campers must be able and willing to unbuckle themselves from the car and get out without adult assistance. Camp J Staff will not be responsible for removing your camper from the vehicle.
- All curbside drop off campers must be able to carry their own belongings from the car to their designated group area.
- If you would like to speak with a member of the Camp J Support Team, we kindly ask that you park and come inside.
- Please park and come inside when you are dropping off anything for your campers, especially medications. Please do not send medications in your camper's backpack, your camper will not be able to take this medication. All medications need to be brought in by an adult and handed to a member of the Camp J Support team with a completed Medication Authorization form, or the time to fill one out in person.
- If you require DES assistance, we need a signature at drop off and pick up, please walk in and sign your camper in and out.

Once the campers have all their belongings out of the car, the adult can drive away. We will sign your camper in for you. The morning drop-off procedure will end at 9:00a.m. to ensure opening starts on time. If you are running late or have a late arrival past 9:00a.m., please park and walk in your camper to check in.

For pick-up in the afternoon, we will be utilizing Brightwheel, please email camp@tucsonjcc.org and let us know you would like curbside pickup. We will put your camper on the list.

If your camper has an appointment or engagement that requires early pick-up, please find a camp support team member in the camp office, located in the ballroom.

The flow of traffic, for both curbside drop off and pick up will go as follow:

- Enter: Through Alvernon and Dodge, veer to the right and follow the curb to the front entrance.
- Exit: Curbside drop off and pick up will exit via the roundabout for River Road.

Absences, Late Arrivals, & Early Pick Ups

If your camper is ill or is not planning to attend camp, please notify the camp office by phone at 520-299-3000 ext. 6160, e-mail to camp@tucsonjcc.org, or through Brightwheel Messaging. We care for each camper and want to know if they are not attending as soon as possible.

Early Pick Ups need to call the camp office, email at camp@tucsonjcc.org, or message through Brightwheel in advance. We will do our best to have the camper ready by the time you plan to pick up. Please take a look at your camper's schedule to plan your pack up accordingly around swim and preferred activities.

Lunch, Snack & Water

When sending food with your camper, please follow the Tucson J Kashrut policy. You may send dairy snacks and lunches with your campers; this means no meat or non-kosher seafood. Fish with fins and gills, like salmon and tuna, are fine. Shellfish, like shrimp are not allowed in the J. Foods like vegetables, fruits, nuts, starches, and dairy are fine to bring to Camp J. We thank you for your cooperation in respecting the Kashrut policy of the JCC and respecting the observant members of the Jewish Community.

We ask that you adhere to the following guidelines when preparing your camper's lunch:

- Campers should bring a well-balanced dairy lunch
- No soft drinks, energy drinks, or high sugar snacks
- No glass bottles
- Please clearly mark bags with camper's name
- Ice packs, preferred as we do not have refrigerator access

Please be aware that we are not a nut free facility but are allergy aware. Our snacks are nut free and we do have nut-free areas at the tables during lunch for campers to utilize. If your camper has an allergy, please let staff know so we can accommodate your camper at a separate table.

Kashrut Approved Suggestions			
tuna fish	rice cakes	green beans	apples
boiled eggs	cream cheese	carrot sticks	grapes
sliced cheese	cottage cheese	tomatoes	melons
crackers	egg salad	broccoli florets	berries
bagels	celery	cucumbers	bananas
pita bread	peppers	cauliflower florets	oranges
pasta salad	english muffin	dips & veggies	cheese & crackers
salad	kiwi	sliced pineapple	PB&J
jelly	yogurt	veggie sandwich	macaroni & cheese

- **Lunch**

There are two choices for lunch at Camp J:

1. Sending your camper with lunch from home. Please look to purchase food items that have a , CRC, , and stamped on the package. All foods served at camp are kosher.
2. Camp lunches are available for order from the Café @ the J online and the lunch link will be included in all camp communications. There will be a menu sent out as well as on our Camp J web page, and all lunches must be purchased in advance, no later than 8a.m. for that current day.
 - Only Tiyyul and Nisayon Leaders are allowed to go to the Cafe during camp day. If lunches are ordered after 8am, there will be a \$5 late order fee.
 - If a camper arrives without a lunch or arrangements for a hot lunch, we will make a healthy lunch for them and charge your account \$10.

Camp J will provide camp lunches every Friday to all campers. These lunches will be viewable on the Summer Lunch menu provided in all email communications. If your camper is not interested in the lunch being provided, you are welcome to pack a lunch from home.

- **Snack**

Campers receive snacks, usually a fruit option, pretzels, cheese its, and other similar items. If you feel that your camper would prefer a different option, you may pack your approved snacks, separate from their lunch, for them to enjoy snacking moments with their group.

- **Water**

We ask that all campers come to camp with their own (labeled) water bottle. We will continue to fill the water bottles throughout the day. If a camper forgets a water bottle, a disposable one will be provided to the camper for the day, and Camp J will charge your account \$2

Clothing

What your camper wears to camp is extremely important! Clothes must be comfortable and allow the camper to participate in various active programming. You can expect that your camper will not come home as clean as when they leave, but this indicates that your camper had a lot of fun! Clothing for camp is very casual since indoor and outdoor fun is the name of the game. Shorts, T-shirts, and athletic shoes are most appropriate. Campers will receive a camp t-shirt on their first Thursday of Camp J. Please send your camper in their camp shirt every Friday! Gaborim Crown ups, please see the camp shirt requirements in the Field Trip section.

Open-toed shoes such as sandals, Flip Flops, Tevas, or Birkenstocks are NOT acceptable. All footwear must be closed toed. Clothing and other items brought to

camp must be clearly marked with the camper's full name. Bathing suits and towels should be packed in your camper's backpack each day. Pool shoes are recommended for all water activities.

Each day of camp, campers should bring the following labeled clothing/items in a clearly labeled backpack:

- 1-2 Swimsuits
- Towel
- Goggles
- Bag dedicated for wet swim gear
- Pool shoes
- Extra set of clothes at bottom of backpack including underwear and socks

These should be taken home each day to be cleaned and replenished. We do not have space to keep items overnight.

All clothing should be labeled to allow for the return of any items that happen to be lost.

Label...Label...Label...Label...Label...Label...Label...Label...Label...Label...EVERYTHING!!!

Personal Items from Home

The Tucson J and Camp J will NOT assume liability for theft or damage towards any toys or electronics. We do not allow weapons or toy weapons of any kind.

- Beyblades, Video Games (Gameboys, DS, Nintendo Switches, etc.), iPad's, iPods, Pokémon Cards, and baseball cards are not allowed at Camp J.
- If it is an item that your camper frequently tries to trade for similar items, we advise these stay at home.
- Only tablets such as nooks, or kindles, that are strictly used for reading are permitted. If this exception is frequently taken advantage of by playing games or watching videos rather than reading, then this policy will be updated to zero electronics at all.
- Cell phone use by campers is NOT permitted at Camp J. We understand that campers may have phones and watches to communicate with guardians. Our goal is for your camper(s) to be present in the camp day! If you feel the need to reach your camper, you can contact the camp office at any time. If a camper has a cell phone it must remain in their bag. If it is seen, it will be given to the Camp Director and returned at pick up.
 - o There is an exception for Tiyul campers. Tiyul campers are permitted to use their phones with boundaries set by their counselor(s) and Tiyul Unit Head. Tiyul campers and grown-ups are expected to sign the Tiyul cell phone code of conduct, before your camper's first day. The Tucson J and Camp J is not responsible for lost or stolen cell phones.

- We understand some of your campers may have communication watches as well. Please reconsider sending these with your campers as they are typically a distraction during activities. We encourage our campers to tell their counselors if they feel the need to communicate something with you. The Camp J support team will find the best route of communication via phone, brightwheel, email, or in person conversation a pick up.

Lost and Found

The lost and found will be in the Catalina Room. Lost and found will be organized on the counter in our “campfire corner” (Catalina Room). It is up to you to come in and check lost and found for any items your camper has left behind. Label everything and we will assist in getting it back to your camper. Any articles not claimed within two weeks will be donated.

Please remember at the end of each day to check backpacks, lunchboxes, swimsuits, towels, etc. for items that may have been left behind.

Sunscreen

Please be sure to apply your camper with a base layer of sunscreen in the morning before camp. We use 50 SPF spray sunscreen at camp on all campers during any outdoor periods. If you would like your camper to use a specific kind of sunscreen, please pack it with them each day. Camp J requires a written and signed request by the guardian to allow camp staff to assist in the application of personal use lotion sunscreen.

Outdoor Programming

We are keenly aware of the effects of the summer heat. Water coolers are available all-around camp in order to ensure that campers remain properly hydrated. Campers are encouraged and required to drink water throughout the day. We will also have adequate shade structures placed throughout our outdoor program space. We reapply sunscreen to any exposed skin each time the group goes outside for an activity. When there is poor air quality and/or high heat advisory, Camp J limits the time outside and provides alternate indoor activities.

Field Trips Safety Protocols (Giborim, Tiyul, and Nisayon)

A fields trip permission form are in the email communications. Please read this form over and return a signed copy before your camper’s first day.

All staff are trained on the field trip protocols prior to the start of camp. When Camp J travels on a trip, the counselors gather their groups and complete an Arizona Department of Health Services Field Trip Form. This includes where the trip is located, a full head count of the campers in the group at the time of departure. and roll call checks during the trip. Emergency Blue Cards are accessible to the Unit Head and they will call grown ups in the event of injury or illness.

It is important that if you are going to arrive late to camp J, to communicate your estimated arrival time as soon as you can. We recommend that no campers arrive later than 10:00am. For Tiyyul campers, please note there may be some field trips that are planned to leave at 10am.

If the Trip will be returning later than originally communicated, we will update you through Brightwheel of your camper's estimated time of arrival.

*Giborim Campers are required to wear their 2026 camp t-shirt on each field trip. If your campers forgets their camp shirt on a field trip Friday, and you are unable to drop it off, then we will charge your account \$10 for a replacement shirt to have and to wear.

SWIMMING POOL

Message from Mallory Shenker, Athletics and Aquatics Director

The pool is a big part of camp! Here are a few tips to remind your camper about for a successful summer swimming:

- Listen to the lifeguard— our team of lifeguards will go over the pool rules with every group when they arrive for their first swim of the week.
- Know your limits— new campers will have a swim test to learn everyone's swim abilities at their first instructional or free swim.
- Sun Safety— apply sunscreen at the beginning of the day and Camp J will reapply every time your camper goes outside.
- Pool shoes— our pool deck is hot and the Splash Pad is slippery! Pool shoes are very helpful when preventing accidents at the pool.

Shalom Campers will have instructional swim twice a week and free swim Monday through Friday. During instructional swim, campers will be will be grouped into levels, based on their swim ability. All campers will be swim tested on their first day during their first swimming activity.

- Level 1

Swimmers may have some fear of the water and are not comfortable submerging or floating. We'll work on making these campers more comfortable in the water, providing full support while practicing skills like floating and kicking.

- Level 2

Swimmers are comfortable in the water but may not be independent swimmers yet. In this group we'll focus on building strength and consistency with strokes.

- Level 3

Swimmers are independently swimming and may know the four strokes: freestyle, backstroke, breaststroke, and butterfly. These campers will work on mastering all four strokes through drills, team games and contests.

The other scheduled swim activity will be free swim or time at our Splash Pad!

Giborim Campers will have free swim or time at our Splash Pad Monday through Thursday. Giborim will not have swim on Fridays unless the scheduled field trip is water related.

Tiyul Campers have Free Swim activity Monday through Wednesday. Tiyul will have the opportunity for night swim during their overnights at the J. There will be opportunities for water activities during specific field trips and travel trips throughout the summer.

If you're looking for more swim instruction, group and private lessons are available! Please contact Evan Holt at eholt@tucsonjcc.org.

COMMUNICATION

We believe that direct, effective communication is at the heart of a stimulating, safe, caring program for campers. If you have concerns about day-to-day operations, the program, or your camper's care specifically, please feel free to discuss them with the Camp Director.

Messages from Grown-Ups

All important messages (a change in schedule, a different person picking up your camper, camper going with a friend, etc.) Must be e-mailed (camp@tucsonjcc.org) or messaged through Brightwheel.

The Camp office phone will be answered from 9am to 4:30pm. Overnight messages for camp personnel may be sent by email to camp@tucsonjcc.org, or communicated through Brightwheel.

Please let us know when there are changes that may have bearing on your camper such as: a projected move, birth, death, separation, etc. Having this information will enable our staff to support the camper in their current state.

If your camper has had a traumatic experience in their life that could impact how they interact with peers or staff or affect how they enjoy their time at Camp J, please (at your own level of comfort) inform us so that we have the knowledge and tools to best support your camper.

Grown-up concerns about specific programming, or a negative moment your camper may have experienced at camp should be directly expressed to the Camp Director either via phone call to 520-299-3000 ext. 6160, or via email at

cjohnson@tucsonjcc.org . Please remember that messages should go through phone or email directly to camp staff and not by note in campers' back packs.

Messages to Grown-Ups / Newsletter

Many important messages from Camp J will be sent to you through e-mail and brightwheel. These messages are designed to keep you informed about your camper, their group, and camp activities. We will email weekly Monday notes and newsletters on Friday.

These emails will come from the Camp Director, Robin Kelley from the email address Camp@tucsonjcc.org. If you unsubscribe from any JCC email, you will no longer receive the Camp J emails. If you are not receiving Camp J emails, or accidentally unsubscribe, please contact Robin (cjohnson@tucsonjcc.org) to be sent the instructions to resubscribe.

Program Evaluations

Each year, an anonymous survey about the camp program is sent home to grownups during week 4 and week 10. This will give you and your camper an opportunity to comment on our program and staff. We welcome your input, it increases our ability to improve our staff experience as well as our program as a whole.

IMMUNIZATION POLICY

For the health, safety and welfare of both the staff and students, the Tucson Jewish Community Center follows all the Department of Health Services vaccination requirements for campers entering our program. Documentation of compliance, from an M.D. or D.O., with these requirements must be provided for all campers upon entry to our programs. Camp will monitor on-going vaccination compliance. This follows the standards and policies of the American Academy of Pediatrics, the Centers for Disease Control and the American Council on Immunization and Prevention. There are no religious or personal exemptions to this policy. Medical exemptions will be reviewed by the Camp Director with medical consultation as necessary.

HEALTH AND WELLNESS

We are focused on the health of every camper in our program. To ensure the wellbeing of all campers in our program, we strictly enforce the following policies:

- A camper who has a fever or is otherwise ill (vomiting, pain, diarrhea, frequent coughing, excessive nasal discharge, signs of conjunctivitis, etc.) should be kept at home.

- If a camper becomes ill while at camp, grown-ups will be notified so that the camper can be picked up and taken home. When called, the primary grownup (or an alternate emergency contact) is expected to pick up within the hour. There are no exceptions to this rule. The camper will remain with the Medic and/or other familiar camp staff until an authorized grown-up arrives to take the camper home. Campers without visible symptoms may also be sent home if it is determined that the camper clearly is not feeling well (lethargy, severe pain, general malaise). Grown-ups of campers with chronic symptoms of colds, coughs and allergies, including significant mucous, may be asked to have their camper checked by a physician to rule out any infection before the camper can return to camp.
- Bringing a camper with any of these symptoms to the Tucson J can cause other campers to get sick. If ALL grown-ups help by keeping sick campers at home, then everybody's campers – including your own, will be sick less often.
- Grown-ups will be notified if their camper is exposed to a potentially contagious disease while at Camp J. Likewise, grown-ups should notify us if their camper has been exposed to, or has a contagious disease, such as conjunctivitis, COVID-19, head lice, ringworm, chicken pox, etc.
- Any instance of suspected or observed abuse will be reported directly to the Camp Director who will observe and report to the Department of Social Services as required by law

When should my camper stay or go home?

If you suspect that your camper is not well and/or exhibits one of the following symptoms: fatigue, irritability, diarrhea, nausea, sore throat, fever, vomiting and/or coughing, keep your camper at home.

If your camper shows any signs of illness or develops any symptoms during their day at camp, the following steps will be taken:

The camper will be brought to the Medic station. A member on the support team and Medic will assess if the camper can continue to participate in daily activities and will record the symptoms, when it began/how long it lasted, changes in behavior, temperature, and any other information.

Details of the assessment will be shared with the camper's counselors and the Camp Director. Camp will communicate with grown-ups regarding their camper's visit to the Camp Medic

Should a camper become seriously ill or suffer a serious accident of any kind while they are at camp, Camp J shall attempt to contact the primary grown-up immediately. In the event Camp J is unable to reach the primary grown-up, emergency contacts are contacted immediately. All of the Support team are certified in CPR/First Aid as well as trained in the use of Epi-Pens.

Re-Entering Camp following an Illness

If a camper is absent due to a contagious disease, they will be accepted back into the program after the following:

- Mood, appetite, behavior and activity are normal.
- Fever free for at least 24 hours
- Antibiotics (if prescribed) have been used for a full 24 hours
- Frequent coughing, excessive nasal discharge resolved
- Pain (earache, cramps, headache, etc.) resolved

Head Lice

We ask that all grown-ups check their camper's heads for evidence of lice before camp begins. We also suggest that grown-ups check their camper's heads periodically during the year to help prevent major outbreaks.

In the event of an outbreak, we will be checking campers heads for evidence of lice. The policy is a "no nit policy" – meaning that campers who are found to have nits (eggs) in their hair will be sent home and not permitted to return until their hair is nit free.

Medication

Arizona State law permits us to dispense prescription medication from the original container only. We encourage you to give your camper(s) medication at home whenever possible. Please inform the Camp Director when your camper is on medication. If your camper needs medication while at Camp J you must fill out the "Medication Consent Form".

Do not send medications with your camper in their back pack. Grown-ups must hand them directly to a member of the Camp J Support Team. Our staff will administer all medications. It is the grown-ups responsibility to retrieve the medication at the end of the day/week and refill them as necessary.

Cleaning

Camp will have a dedicated cleaning professional that will do an ongoing rotation through camp spaces for sanitation. All toys, surfaces, and supplies are sanitized on a regular basis. Campers will also be washing/sanitizing their hands throughout the day.

Ouch Reports

Ouch reports will be filled out when your camper receives any minor injury that requires a Band-Aid so you will be aware of the injury. Camp J staff will contact you if the injury requires immediate attention. Ouch reports will be scanned and sent via Brightwheel by the Camp Office Manager.

Accidents/Emergencies

Staff members certified in First Aid and CPR are present at the Tucson J and in the Camp J setting at all times. Should emergency action be necessary, staff will provide immediate care, call EMS, and call the primary grown-up. If primary or secondary grown-ups are unreachable, camp will move to the emergency contacts stated on your camper's Blue Card.

In the event that the building needs to be evacuated, the senior staff member present will have access to all the emergency blue cards and registration forms at the Freedom Fighter monument, located in the Jill Rosenzweig Sculpture Garden, and immediately notify grown-ups. If further evacuation is needed, campers will be evacuated to a designated evacuation location and camp will inform grown-ups as soon as possible.

BEHAVIOR MANAGEMENT

Camp J strives to provide a safe, well-supervised, and fun experience to all of our campers. It is understood that grown-ups will communicate and work as a team with staff regarding behavior management and behavior modification plans.

Expectations are discussed and developed with the campers when entering the program. Expectations are set by the group, and counselors reinforce those expectations with the campers through regular positive reinforcement. Examples include keeping hands to ourselves, being respectful of counselors and classmates, using walking feet, being aware of other's personal space, etc.

Campers who are meeting the group's expectations will be positively encouraged and with verbal reinforcement such as, "Johnny is doing such a good job waiting quietly at the snack table..." or "I love the way the Susie is waiting patiently in line..."

At Camp J, we understand that behavior is communication. Our goal is to build camper's emotional intelligence by naming the feelings and emotions we are seeing and checking in with the camper if our observations are correct. Moments like this where the emotion and behavior need to be processed and understood, may consist of sitting out during an activity for an allotted moment of time. The behavior is discussed with the camper, then the counselor and camper discuss ways to avoid repeating the behavior and what the camper can do differently in the future when this or similar emotions occur.

When overt negative behaviors such as tantrums occur, either the camper is removed from the area, or the rest of the group moves to a new space and the camper has space to calm down away from the group with supervision.

Accompanied by the counselor, unit head, or director, a discussion is held to alleviate and resolve the situation. If negative behavior persists, grown-ups are consulted.

Behavior management will most likely, though not always, be handled as follows:

For example, if a camper's behavior is repeated and escalates, then this plan will be followed. If a camper's behavior has malicious intent to harm self or others then a grown-up will be communicated for early pick up and a plan is discussed. Not all repeated behaviors will result in suspension. This is a decision made by the Camp Director.

First Occurrence – First Time Behavior is Identified

- Identify/recognize the behavior and what emotion may be behind the behavior.
- Alert camper to behavior and name the emotion observed. Discuss with camper until a mutual understanding is reached about why the behavior was/is an inappropriate reaction to what they are feeling and underscore that the behavior should not be repeated. In addition, staff will provide alternative positive solutions when this emotion is felt again.
- Primary grown-up(s) will be notified and kept in the loop either via phone, brightwheel, or in person at Pick up

Second Occurrence – Second Time Identified Behavior Occurs

- Repeat first occurrence steps and sit camper out. Explain to camper that this is time away from the group to cool off and process their emotions. Sitout time to be no more than 1 minute more than the camper's age.
- Unit Head will be informed and will speak to camper. Approaching the moment with Empathy and understanding, the Unit Head will ask the Camper to explain the behavior. The Unit Head will then help the camper understand why their behavior has lead to sitting out and having a conversation. The camper and Unit Head will brainstorm other options of what the camper can do if this moment arises again. Primary grown-up(s) will be consulted.

Third Occurrence – Third Time Identified Behavior Occurs

- Repeat second occurrence steps.
- Sit out time.
- Grown-up(s) will be called in for a meeting and may be asked to pick-up their camper early from Camp J.

Fourth Occurrence – Fourth Time Identified Behavior Occurs

- In order to maintain a safe and conscious camp culture for the camper and others, the fourth incident will result in suspension or immediate expulsion from camp without refund. The Camp Director will make final determination for ending the camp experience early.

Aggressive Physical Contact

Camp J meets all campers where they are and how they are learning appropriate social skills in the Camp J setting. If a camper's behavior has escalated causing aggressive physical contact with malicious intent, such as biting, hitting, or kicking, this camper will be removed from the group and the Camp Director will consult with the family about ending the camper's day early. If similar escalations occur and the camper has shown they are unable to keep themselves and others around them safe, the Camp Director will make the decision to end the camp week or season early for this camper.

Bullying Policy

The Tucson J is committed to providing a safe, nurturing, environment for both our campers and staff. We feel strongly that bullying is unacceptable. Our programs will not tolerate any behavior which is emotionally or physically harmful to a camper or staff member.

- What is bullying?

Repeated and targeted disrespect and abuse of another person/group of people. Conflict may be an inevitable part of group dynamics and creates a learning moment to see other's points of view, but bullying is not.

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated and targeted.

In order to be considered bullying, the behavior is physically and/or emotionally be aggressive and include:

- An imbalance of power: Kids who bully use their power – such as physical strength, access to embarrassing information, age, level of perceived popularity and influence– to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition and targeting: Bullying behaviors happen more than once and to the same person/people each time.

Our bullying prevention method is a four-step process:

1. Setting a Positive Environment-
 - a. Through involvement and role modeling kindness and support equally to all campers, counselors can grow a community in their groups and all of Camp J.
2. Setting Expectations-
 - a. Every Monday during first period the counselors set group expectations with their camper's input. This includes how the group is expected to treat one another.

3. Enforcing Expectations-

- a. Counselors will remind campers, through positive language, the expectations set as a group and take time to listen to the camper's perspective. Counselor's goals are to understand and grow with the camper.

4. Authoritative Approach-

- a. we set limits, elicit maturity, relate with warmth, and influence behavior with rational conversation and explanation of the reasons for the set expectations.

- How we handle bullying

If bullying is occurring or reported to be occurring, we address it by finding out what happened and supporting the campers involved.

Through the authoritative approach if bullying or suspected bullying occur we follow our bullying response procedure. If bullying is occurring during a program or an activity, we stop bullying on the spot using the following steps:

1. Intervene immediately
2. Separate campers involved
3. Make sure everyone is safe
4. Stay calm and reassure campers involved (including bystanders)
5. Model respectful behavior
6. Follow steps to address bullying ie. Enforcing expectations through an authoritative approach, communicating to Camp Director and Unit Head
7. Unit Head or Director communicates to all families involved

TERMINATION OF SERVICE AND ENDING THE CAMPER'S EXPERIENCE EARLY

Camp J's mission is to intentionally set a safe and fun atmosphere. However, sometimes circumstances arise where camp participation will require review and possible action. All circumstances are conducted in a fair and consistent manner and attempts are made to rectify situations that could be deemed detrimental to our program. If unable to correct the circumstance, grown-ups and their campers may be asked to leave the program for any of the following reasons:

- Inability or unwillingness to adhere to a method of payment
- Camp J is unable to meet the developmental needs of a camper resulting in chronic disruption and/or unsafe situations for themselves or other campers and staff.
- Lack of cooperation between grown-ups and administration/staff, escalating into unnecessary tension and turmoil.

- Inability of grown-ups to adhere to the Tucson J and Camp J policies and procedures.

ADDITIONAL PROGRAM POLICIES

Visitors

Authorized grown-ups are welcome visitors at camp. An integral part of the summer camp experience is learning and experiencing new and exciting things on their own. Therefore, we limit grown-up participation at camp, but provide opportunities during the summer to see your camper in action upon request. Visitors must call the Camp Director or camp office in advance to arrange visits and check in at the camp office upon arrival.

Pictures

Every summer at Camp J is filled with many memories for every camper and we certainly would like to provide the opportunity for our campers to have pictures of their happy times while at Camp. Pictures, taken by members of the Camp J Support Team, will be posted on Tucson J social media.

GROWN-UP CHECK LIST ON LAST PAGE

GROWN-UP CHECK-LIST

Everyone is ready to go, the pool is filled, the weather is getting oh, so warm! What must I do? What have I forgotten? Not much, but JUST IN CASE...	
	I've paid the Tucson J and Camp J or have scheduled all camp payments by May 9 th .
	All required paperwork and documents have been sent to camp at camp@tucsonjcc.org
	For the safety of my camper and their ability to participate in all activities, my camper has close-toed athletic types shoes or crocs in sport mode to wear every day.
	Apply sunscreen every morning! Please apply once prior to coming to camp, we will reapply throughout the day.
	Campers should wear appropriate clothes that can take active play in an outdoor setting. <u>Every item of my camper's clothes are labeled</u> with the campers full name.

	My campers packed & labeled dairy lunch or I have ordered lunch through the café (by 8a.m. the day of).
	My camper has a labeled water bottle to be refilled throughout the day.
	My camper has their swimsuit, towel, goggles and pool shoes individually labeled in their labeled bag. I have checked my campers schedule to confirm how many times they are swimming that day.
	My camper has emergency change of clothes labeled in their labeled bag.
	My camper's bag is labeled and has space for all their labeled belongings.
	I am prepared to adhere to the following: • Not dress my camper in expensive or valuable clothing • Not send money (paper or coins) • Not allow my camper to wear sandals • Not allow my camper to bring tradables (like Pokémon cards) or other valuables • Not allow my camper to bring electronics to camp, the only exception being tablets for reading or if they are a Tiyul camper

**GET JAZZED FOR A GREAT CAMP J EXPERIENCE IN
2026!**