



2018 TRAVEL TRIP FAMILY GUIDE



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**JCC Association
of North America**



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**The Jewish Federation
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WELCOME

Purpose of the Family Guide

This packet is your reference for Tamarack Travel Trips. It includes helpful information for you and your camper prior to the summer and addresses policies and procedures that apply during the summer. Our number one priority is the safety and well-being of your children so please review this material with each camper in order to ensure a successful experience for you and your child.

We look forward to a fantastic summer!

History of Tamarack Camps

The Fresh Air Society was created as a committee of the United Jewish Charities by Blanche Hart and Ida Koppel, who recognized the need to provide recreational activities in the outdoors to immigrant women and children. To fulfill this dream, they began taking groups of mothers and children to Belle Isle. Carrying baskets piled high with food, they climbed aboard a chartered trolley for a day in the "fresh air."

Today, 116 years later, the Fresh Air Society is the umbrella organization for Tamarack Camps, which includes Camp Maas, Teen Travel Trips and Outpost Camps. Our paramount principles have endured the test of time, and are consistently the cornerstones of our summer goals: learn new skills, have fun, gain independence, thrive in group dynamics, and enjoy Jewish programming – all organized in a safe, positive, nurturing, and stimulating environment.

Federal Compliance

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, sex, handicap, age, or national origin.

Goals

The Teen Travel Trips are wilderness programs where campers are asked to step outside of their comfort zones, experience new adventures, meet new people and become a part of a special community. It is an opportunity for campers to explore different parts of North America, through hiking and camping, to practice "letting go" and to develop autonomy and a stronger sense of identification.



BEFORE THE TRIP

Expectations

The trip, like the rest of life, has high and low points. Not every moment of the trip will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience.

Physical Preparation

Tamarack Camps Teen Programs include physically challenging adventures and activities, but given proper preparation, it will not be beyond most teen's personal physical limits. If you are already in good shape, keep it up. No previous backcountry experience is required, but a willingness to learn and work with others will assure you have a positive adventure in such a challenging environment.

To help you have the best summer experience, it is necessary to be in an appropriate emotional and physical condition. Every minute you put in prior to your summer experience will pay off once you get out there. If you do not already engage in **30 minutes of aerobic exercise three times a week**, we recommend putting in the time to begin training now. Before a teen begins any exercise program, please consult with their physician.

The most important kind of training is aerobic fitness (running/jogging, bicycling, skating...), the kind which stimulates heart and lung activity for at least 30 minutes without stopping. You can also consider specific training techniques to prepare for the summer such as climbing stairs or walking around your neighborhood with weight in your backpack.



1) Physical Expectations

Travel Trip campers will be hiking in State and National Parks throughout the summer. Some of the hikes will be in higher elevation and other times in near freezing temperatures.

Teens should expect to hike nearly every day, for an average of 6-10+ miles on these hikes. Some of the hikes throughout the summer will be steep, long and physically challenging while others will be shorter and easier. In addition to the day hikes, campers will participate in two backpacking trips, ranging from three to five days, weather permitting. On these backpacking trips, campers will carry a 30+ pound pack.

Campers will stop and rest and take breaks regularly throughout the hikes and do not need to be able to hike these distances non-stop. The breaks will range from 5-30 minutes, some for water, and others for a snack or lunch.

2) Personal Equipment

Teens should spend at least six weeks breaking in their hiking boots, even if they were used the previous summer. In order to break them in, campers should wear a school backpack with books while "hiking" around the neighborhood for at least thirty minutes, three days a week. This will help soften the hiking boots and toughen up their feet to prevent blisters during the trip.

Packing

A travel trip is more rugged than many other camping experiences. Campers do not need all new clothing for camp. There are important items, such as a sleeping bag, hiking boots and rain gear that are beneficial to the safety and comfort of your child and must be appropriate for the experience.

Do not pack anything sentimental or expensive! No knives of any kind are allowed at camp!

For campers living in the metro Detroit area, there will be meetings to review the general aspects of the trip, the itinerary, expectations of the campers participating on the trip, as well as answer any questions you may have. During the meetings we will also review the clothing list, including what to pack and how to fit everything into one duffle bag, and discuss additional details of the trip including how much money to bring.

For campers that live outside of the metro Detroit area, the Director of Teen & Family Programs will send out a video that will include all of the information provided at the meetings. It will also review the clothing list (with video of suggested types of clothing), how to pack and how to fit everything into one duffle bag, and discuss additional details of the trip including how much money to bring.

Attending one of these meetings is mandatory for all campers and parents.

Western Trip Packing Meetings

- **Wednesday, April 11 at 6:00 pm at the Max M. Fisher Federation Building**
- **Sunday, April 15 at 11:00 am at the JCC, Conference Room 205**
- **Sunday, April 22 at 1:00 pm at the JCC, Conference Room 205**

Alaska Trip Packing Meetings:

- **Tuesday, April 10 at 6:00 pm at the Max M. Fisher Federation Building**
- **Sunday, April 15 at 1:00 pm at the JCC, Conference Room 205**

Clothing for Shabbat

Shabbat is a very meaningful time on travel trips, but specific clothing is not necessary. Normal, casual camp attire can be worn.

Labels

To minimize loss, we request that you mark all of your child's clothes and personal property with first and last name. You can use permanent marker or purchase nametapes. Please label all camping equipment, disposable cameras, eyeglasses, sleeping bags, etc. Please review with your child what he or she has brought to camp and where in the duffle bag they are located.

TAMARACK CAMPS WILL NOT BE RESPONSIBLE FOR ANY LOST, MISPLACED OR STOLEN ITEMS.

Electronics

Travel Trips focus on enjoying the outdoors and sharing wonderful experiences with old and new friends. The use of electronic devices such as mp3 players/iPods and electronic games negatively impact your child's socialization and are prohibited. **CELL PHONES MAY NOT BE BROUGHT ON THE TRIP.** If cell phones or other electronic devices are brought on the bus, a camper may be sent home.

DURING THE TRIP

Luggage

Unlike Camp Maas, campers should bring their duffle bag to the bus on the first day of the trip. Each camper is permitted to bring one duffle bag and a small backpack. The sleeping bag, sleeping pad and pillow do not need to fit inside the duffle bag.

Departure Day

Campers depart for their travel trip from Adat Shalom Synagogue (29901 Middlebelt Rd, Farmington Hills, MI 48334), on the following dates:

- Western Trip 1 on Wednesday, June 20
- Western Trip 2 on Sunday, June 24 (*please arrive at 8:30 AM*)
- Western Trip 3 on Wednesday, June 27
- Western Trip 4 on Sunday, July 1
- Alaska Trip 1 on Sunday, June 17
- Alaska Trip 2 on Sunday, June 24

**PLEASE ARRIVE AT ADAT SHALOM SYNAGOGUE NO LATER THAN 7:00 AM
(except Western Trip 2, where families should arrive at 8:30 am)**

Please be sure to come to the bus on departure day with:

- ✓ A daypack loaded with a sweatshirt, long pants and bus materials (books, cards, games, etc.)
- ✓ A bag lunch and water bottle filled with water
- ✓ Duffle Bag, Sleeping Bag, Sleeping Pad and Pillow
- ✓ Passport or Passport Card (Alaska Trip only)
- ✓ Spending Money



Typical Day

Teen Travel is unique in that there is no typical day on a trip; the schedule is very much dependent on location, weather conditions and group energy level. However, please use the below schedule as a close representation of a “typical day.”

7:00 am	wake up – if the group will be sleeping at a different campsite that night, campers will pack their day packs, duffle bags, tents
7:30 am	cook group will make breakfast
9:00 am	pack up bus, pack lunches, clean campsite and depart for trail head
9:45 am	day hike with lunch on the trail
3:00 pm	finish day hike and drive to next park or back to campsite
6:00 pm	arrive at park or campsite, set up tents, cook group will begin making dinner
7:00 pm	dinner
8:00 pm	evening program / campfire and community meeting
10:00 pm	park quiet hours begin
11:00 pm	bed time

Passports

All Alaska campers must have a valid **Passport or Passport Card** and the **Border Crossing Form**, which must be signed before a notary.

Birthday Celebrations

If your child’s birthday falls during the trip, the staff and campers will make your child’s birthday special for him or her. The celebration varies based upon where the group is during the birthday.



Laundry

Laundry is typically done one time in the middle of the trip. Campers and staff visit a laundromat, where they wash their own clothing. The staff will provide laundry detergent for the campers to use.

Spending Money

This depends on which trip your child is on (Western or Alaska). We suggest approximately \$150-\$200 for Western Trip campers and \$200-\$300 for Alaska campers. The amount varies depending on how many gifts and souvenirs each camper is interested in purchasing. Tamarack Camps will provide three meals each day along with snacks; however, campers may spend their money on occasional snacks and meals. Each trip will establish its own “Pop Stop” system, occasionally giving campers an opportunity to purchase a single snack item and drink. Town days are very limited; however during laundry, phone and mail days, campers may have an opportunity to eat a meal out. The staff will provide snacks and meals for campers at all times.

The staff are not responsible for campers’ money.

Last Day

Campers complete their travel trip at Adat Shalom Synagogue (29901 Middlebelt Rd, Farmington Hills, MI 48334). The bus typically returns between 8:00 am and 10:00 am. Each family will receive a call and email two or three days before the end of the trip to confirm the approximate time to meet the campers and bus.

- Western Trip 1 on Tuesday, July 24
- Western Trip 2 on Friday, July 27
- Western Trip 3 on Tuesday, July 31
- Western Trip 4 on Thursday, August 2
- Alaska Trip 1 on Friday, August 3
- Alaska Trip 2 on Friday, August 10

Lost and Found

Throughout the summer, staff will work to return all lost items directly to the campers. If, after returning home, items are found while cleaning the bus, families will be notified of all lost & found items.

STAFF

Trip Supervisor

In addition to five staff members, there is a supervisor who is directly responsible for the trip. Our supervisors are older, more experienced staff members who have proven themselves as leaders on trips. Supervisors arrive at camp before the campers depart for highly-focused training facilitated by the Director of Teen and Family Programs in areas including leadership, safety procedures, how to keep their staff and camper's healthy, Jewish programming, and how to identify camper problems including suspected abuse, neglect, and psychological issues, among others.

Trip Counselors

Your child's counselors are college students and graduates, who have camp work experience or other informal education experience in settings working with children. Staff members report to camp one week before the trip departs for highly-focused training facilitated by the Director of Teen and Family Programs and supervisors. Our staff training provides our counselors with the necessary tools to be able to handle camper issues, and when necessary, to bring challenging situations to the supervisor. Also, our counselors are trained on emergencies procedures, and to seek additional support when necessary. Staff training includes sessions on leadership, Tamarack values, camper security, how to motivate campers, and how to spot and handle incidents of abuse by and among their campers and other staff.



COMMUNICATION

Camper Phone Calls

Campers will call home on two scheduled phone days. Campers will be provided with a camp cell phone to call home to talk to parents for a few minutes. From past experience, phone calls are typically made in the late afternoon or early evening. Because campers will not have their own

personal cell phones, we encourage parents to write down important phone numbers (cell, home, etc.) for the campers to keep with them.

As previously noted, campers are not permitted to bring cell phones on the trip.

Parent Concerns

If you need information, have concerns or would like to relay an important message to your child at a time other than during the phone call days, please call the Camp Maas office and leave a message with one of our office staff. They will forward the message to Jason Charnas, Director of Teen & Family Programs. Jason is in regular contact with the trip supervisors, checking in on the campers, staff and trip, and is also able to pass important messages to the group and their campers.

Camp Summer Office Information

Phone: 248-627-2821

Office Hours:

Sunday through Thursday: 8:30 a.m. to 9:00 p.m.

Friday: 8:30 a.m. to 6:00 p.m.

Saturday: Closed in observance of Shabbat

Mail and Packages

Please write to your child 1-2 times per mail pickup. It means a great deal to campers to hear from home and mail is always a fun time on the trip. **No packages may be sent to your camper.** UPS, FedEx and other carriers are NOT accepted by General Delivery. Please only send mail through the United States Postal Service.

Please consult the specific trip itinerary for mail address and pick up dates. Mail can take up to one week for delivery, so please mail letters early.

Email and Fax

It is not possible for emails or faxes to be sent to the travel trips - only traditional USPS mail is available.



HEALTH AND SAFETY

Tamarack Camps collects and manages all health information through CampDoc, a secure, web-based health management system. To submit your teen's health information, you will receive an email invitation from CampDoc. If you are a new family, instructions for creating your username and password will be included. If you are a returning family, use your same email address and password from the previous year.

Completed Health Profile

Your teen's health profile consists of several different components, including questions you answer directly into the system, documents to print and upload when completed (Healthcare Provider Form, etc.), as well as additional required items (a copy of your teen's insurance card, for example). It is an easy-to-follow process which updates your progress as you complete the components. As every profile must be reviewed by our medical staff, your camper's profile is **due by March 15, 2018**.

Please answer the questions in this health profile honestly and completely. The information we ask for will be used in our efforts to create a safe and successful summer for everyone.

Note that all campers must have a current (completed yearly) Healthcare Provider Form on file with us which contains vital health information from a physical examination completed and signed by your teen's physician within the last 12 months. We understand that your teen's physical might not be scheduled by March 15 and, therefore, the Healthcare Provider Form may not be complete. However, please complete all other components by then, and upload the signed Healthcare Provider Form as soon as it is complete. Healthcare Provider Forms will not be accepted at the bus. **DUE TO MICHIGAN BOARD OF HEALTH REGULATIONS, CAMPERS WHO DO NOT HAVE A COMPLETED HEALTH PROFILE WILL NOT BE PERMITTED ON THE BUS.**

Immunizations

The Tamarack Camps immunization policy requires everyone to be fully immunized according to the recommendations of the CDC (Centers for Disease Control), State of Michigan, and AAP (American Academy of Pediatrics). Tamarack Camps full policy can be viewed at <http://tamarackcamps.com/immunization/>.

Pre-Packaged Medication

For summer 2018, our medication policy has changed, so please read the following information carefully:

We are proud to announce our partnership with AMAC Pharmacy Services. AMAC will provide each camper's medication in safe, easy to use, pre-packaged bags, labeled with your child's name, medication(s), and time of day for administration.

All campers are required to use AMAC to obtain medications that will be administered during a summer program. This includes over-the-counter medications that are taken routinely or as needed, excluding medications such as Tylenol and Ibuprofen. Tamarack Camps will not accept or administer gummy medications/vitamins; in the heat, they melt and stick together. There is a \$10 per camper service fee, charged by AMAC, to pre-package the medications, in addition to any co-payments required by your health insurance.

Some specialized medications may not be available through AMAC. In this case, and only in this case, you may obtain blister cards, and follow directions to complete the packaging process.

Those choosing not to use the pre-packaged medication process will be assessed a \$100 fee, unless you have received prior approval from Roberta Blumberg.

Upon request, exceptions will be made for items like epi-pens, inhalers, and any medication started 30 days prior to their session start date. Please clear all medication exceptions by Roberta Blumberg.

For questions related to pre-packaged medications, please email AMAC contact@amacrxs.com. Emails will be responded to within 24 hours. For emergencies, call 888-722- 5579.

As always, we appreciate your cooperation and commitment to the health, safety, and well being of our entire camp community.



Medical Staff and Supplies

Your child's health and safety is our absolute, number one priority. Each staff member on the Travel Trip is certified in Wilderness First Aid and CPR. Many staff members are also lifeguards. Doctors and nurses at the Camp Clinic are accessible by phone at all times. Every precaution is taken to safeguard the health of each and every camper. In addition to the clinic staff, a licensed social worker is available for consultation. Trips are supplied with a listing of the nearest medical facilities for each of their campsites and consult with the Camp Clinic throughout the summer.

Each trip is also supplied with three satellite phones that can be used to contact the proper authorities or medical personnel in the case of an emergency. In addition, each trip carries a fully stocked First Aid Kit, including such items as dressings, splints, bandages, over-the-counter and other medications, antibiotic, antifungal, and steroid ointments, and Epi Pens.

Roberta Blumberg, Director, Health and Safety



It has been 22 years and I'm still blessed to spend my summers in what some might say is "the greatest place on earth, Tamarack Camps." I've been a nurse for 40 years and have worked in many different areas, including emergency and orthopedics. In my role as Director of Health and Safety I've had the opportunity to see my children and yours begin their experience at camp with delight, and return each summer growing, maturing and making lifelong friends while experiencing Judaism in an informal and beautiful setting. Our team works closely with Travel Trip staff to ensure that each child is cared for on an individual basis. All staff are trained to recognize and identify medical and emotional issues that can occur among their campers. From bug bites to bullying, any camper issues relating to physical and psychological health come directly to me and my staff. The safety and wellbeing of each camper is my highest priority, and the clinic is dedicated to providing the very best care we can. The clinic is a busy place and a hub of activity during camp. Many of our doctors and nurses went to Tamarack as kids and now return

committed to use their expertise to provide our campers and staff with first class medical care in a warm and welcoming setting. Thank you for entrusting your most precious treasures with us.

Notification for Medical Circumstances

Parents will be contacted by a trip staff member or medical staff if a child must see a doctor.

Parents will not be notified if your teen receives treatment by the trip staff for cuts, colds, insect bites, stomach virus or headaches, rashes, sore throat, vomiting, etc.

It is the parent's responsibility to pay for any medical visits and medications necessary throughout the trip.

Emotional Preparation

At camp we take our job as in loco parentis ("in place of a parent") extremely seriously. We strive to provide the same quality of care for your children as you would. Therefore, along with preparing your child emotionally for the challenges of a Travel Trip, we want you to prepare your children for the realities of being away from home. As you may know, physical abuse, neglect and sexual abuse of children is an ongoing problem in our society. As such, we extensively screen all staff members with background checks and interviews. We also require all staff to participate in a sexual abuse prevention training. Be assured that our staff has the skills necessary to spot, stop, and prevent child abuse. We have reporting procedures in place which require staff that see, hear, or suspect abuse to report immediately to their supervisor or to any senior staff member. We then report all incidents to the appropriate authorities. However, parents, we need your help to keep our program as safe as possible. We implore you to educate your child on what is and what is not appropriate while they are at camp, be it amongst their friends or with their counselors. We inform our staff at training that all campers come prepared with this knowledge. Skilled counselors and knowledgeable campers help to ensure a safe camping experience for everyone. If you would like additional resources to aid in your child's emotional preparation for camp, please visit our website or contact our office for helpful tips for this important discussion.

As caretakers for your children, are we responsible for their complete safety while in our care. Like your children's teachers at school, we are mandatory reporters under Michigan law. This means we are required to report any allegations or signs of child abuse occurring at home to the appropriate state authorities. We are prohibited from notifying parents until permission is given to us by the state should such an event occur. For more information regarding mandatory reporter responsibilities, please visit the state of Michigan, Department of Human Services website or contact our office.

Lice

Campers on Travel Trips are in very close contact with each other. Therefore, we recommend that parents check their teens for head lice in the weeks preceding camp and treat as necessary so that all teens coming to the trip are lice and nit free.

At lice check, on the first day of the trip, if your child's exam reveals live lice and/or nits (eggs), he/she will be sent home along with their belongings and guidelines for treatment. Parents will be responsible for administering the treatment. Or, if preferred, the Lice Sisters are available to treat your child(ren)—for a fee. The camper's head must be nit-free in order to return to camp.



Food Allergies

Increasing numbers of children have food allergies and we will gladly work with families to provide alternative menu items or special foods for most children with allergies. If, however, your teen has a life-threatening or airborne food allergy, a Tamarack Camps Travel Trip is not the right place for him or her.

Tamarack Travel Trips are not nut-free programs. Nuts are served, including peanut butter, which is available to campers at every meal. Counselors are notified of children with significant allergies, including when and how to use an Epi-Pen. The counselor and/or camper will carry an Epi-Pen at all times:

We cannot guarantee that:

1. Everyone will follow the above guidelines.
2. There will not be food fights at your child's meal.
3. Campers eating peanut butter will not touch each other or objects at meals.
4. Campers will not purchase items containing nuts during pop/snack stops.

Our goal is to provide a safe and healthy environment for every camper. There may be circumstances when our program will not be appropriate for an individual child. If your child has a severe, life-threatening allergy to nuts, a nut-free program is recommended. Our Director of Health and Safety, Roberta Blumberg is happy to answer any questions or concerns.

SUPPORT

Gratuity/Tips

While we certainly aspire to hire staff members that warrant your positive recognition, Tamarack Camps and the ACA (American Camp Association) prefer a contribution to the camp in honor of a staff member. If you make a contribution to Tamarack Camps, the staff member(s) will be notified and recognized appropriately.

Tamarack Camps depends upon the generosity of families like yours. You can volunteer to help with camp projects during the year. You can open your home and invite others to hear about camp at a "parlor meeting" with some of our directors. You can bring your professional expertise to camp as a doctor, nurse,



psychologist, social worker or administrative assistant. You can provide funding for a special program or initiative. You can make a contribution to the Tamarack Camps Send a Kid to Tamarack fund in order to provide financial assistance for other children to attend camp.

By doing one or a number of the above, you will make a positive and meaningful difference! Please contact CEO Steve Engel for more details. Thank you so much for your generosity.

American Camp Association

ACA Accreditation means that Tamarack Camps cares enough to undergo a thorough (up to 500 standards) review of its operation — from staff qualifications and training to emergency management. American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure that current practices at your child's camp reflect the most up-to-date, research-based standards in camp operation. Camps and ACA form a partnership that promotes growth and fun in an environment committed to safety.

ACA helps Tamarack Camps provide:

- Healthy, developmentally-appropriate activities and learning experiences
- Discovery through experiential education
- Caring, competent role models
- Service to the community and the environment
- Opportunities for leadership and personal growth



As always, please feel free to contact us if you have any questions or comments.
It's going to be a great summer at Tamarack Camps!

We can't wait to see you this summer!

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