



**Welcome to Camp Agudah**

*Once discovered, never forgotten.*

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Dear Parents,

As a camp, we operate with one core belief in mind: that a remarkable Torah summer full of fun and friendship can transform a child's entire year.

You're our partners in making that happen.

This handbook covers all you need to know as a Camp Agudah Toronto parent, from the time of registration to sending your child off to ultimately welcoming him back home again.

Please take the time to read the information inside. Aside from being practical and informative, it's critical that we all be on the same page so that together, we can give your child the best possible camp experience!

Looking forward to an incredible summer.

Sincerely,

Rabbi Moishe and Risa Blaustein

CAMP DIRECTORS

**Camp Office**

**Telephone** 705-765-6816

**Emergency** (Rabbi Blaustein): 416-827-6542

**Doctor** 705-765-6828

**Email** [office@campagudahtoronto.com](mailto:office@campagudahtoronto.com)

**Toronto Office**

129 McGillivray Avenue  
Toronto, Ontario M5M 2Y7

**Telephone** 416-781-7101

**Email** [info@campagudahtoronto.com](mailto:info@campagudahtoronto.com)

# Preparation for Camp

THANK YOU FOR YOUR TIMELY REGISTRATION!



## REQUIRED FORMS

To consider your child's registration complete (and get the official Camp Boarding Pass), please be sure to submit the following additional forms as soon as possible.

All forms should be filled and submitted via our online portal:

[campagudahto.campbrainregistration.com](https://campagudahto.campbrainregistration.com).

### ALL CAMPERS

- General form** This form enables us to place your child appropriately. It also confirms that you've read and agree to all terms in this handbook.
- Medical form**
  - Ontario residents:** Include your child's current OHIP card number (including the version code).
  - Quebec residents:** Submit Quebec coverage information.
  - Non-Canadian residents:** Submit traveler's insurance information. (If you hold an existing plan, double check that it covers Ontario.) If you'd like, you can purchase traveler's insurance by going to the following page: <https://campagudahtoronto.com/insurance-application-non-canadians/>

In the event that a camper incurs any medical expense, including visits to the camp doctor, our office will charge the credit card on file and send parents all relevant documentation, after which parents must file the claim.

- Immunization records** All campers must be up to date with the MMR vaccine. No need to have your doctor fill this out; simply fill and submit online.

**Checked all boxes and paid off your balance? Hurry!**

(If not, make sure to submit them all quickly so we can get you ready for camp!)

- Allergy forms** (allergic campers only). If your child is allergic, you must:
  - Complete the Allergy Anaphylaxis Alert Form. Email the form together with a current picture to [info@campagudahtoronto.com](mailto:info@campagudahtoronto.com).
  - Complete and sign the EpiPen administration release form.
  - Ensure that your child wears a Medic-Alert bracelet at all times.
  - Provide TWO unexpired, weight-appropriate EpiPens.

*The Camp Doctor will be in touch with you if further clarification is needed.*



Parents of allergic campers can rest assured that Camp Agudah Toronto will:

- 1) Only provide foods and baked goods that are free of nuts (and traces of nuts).
- 2) Train all staff members to recognize and respond to a severe allergic reaction.
- 3) Ensure the placement of spare EpiPens throughout the camp.
- 4) Enforce the Nut & Peanut Free Policy for all campers (see below).

### **NON-CANADIAN RESIDENTS ONLY**

- Governing Law and Jurisdiction Form** This form protects Ontario physicians and healthcare organizations when treating non-residents of Canada. When filling the form out please leave the doctors name blank and the doctor on call will fill t out.
- Travel form** Please arrange and fill in your travel plans on the online form as soon as possible. Remember to pay unaccompanied minor fees for both ways, if applicable.

Note: Some out-of-Canada campers prefer to come to Toronto in advance and join the Toronto bus to camp. There's a box to check for that on the form!

- Passport** If you hold a non-Canadian passport, it must be valid for at least 6 months from the day you plan to leave Canada. We will keep all legal documents in the camp safe.

**Stay! We'll send your official Camp Boarding Pass shortly.**

(so we can get you your Boarding Pass in time.)



## REBBE FORM

Boys completing Grade 4 through Grade 8 must have a completed Rebbe Form submitted.

Please give the form on page 14 to your son's Rebbe and ask him to complete and return to the email provided.



## TUTORING

If you'd like to take advantage of one-on-one tutoring for your son this summer, either in place of or in addition to regular daily shiurim, please email the camp office, subject line Tutoring, with your detailed request. Fee is approximately \$35/hour.

### **CANCELLATION AND INTERRUPTION**

*If the camp administration deems it necessary to cancel, reduce, or interrupt the season for the whole camp for any reason whatsoever, there will be a reimbursement of 75% of the amount paid by the camper on a pro-rated basis. Additionally, the administration reserves the right, at its sole discretion, to withdraw any camper's enrollment at any time before or during the camp season, for reasons including but not limited to going unaccompanied to the waterfront, utilizing camp vehicles or assets without supervision or authorization, or damaging camp property. Parents will be responsible for travel costs and damage compensation. Please note that a camper's lateness, absence, early departure, or dismissal from camp is not cause for a refund.*

# Packing Up

SO EXCITING! CAMP SEASON IS RIGHT AROUND THE CORNER. HERE ARE GUIDELINES TO KEEP IN MIND AMIDST THE SHOPPING AND PACKING.



## FOOD AND DRINK

### **Nut & Peanut Free Policy**

Don't pack any foods containing peanuts or nuts for camp. It can be life-threatening to our allergic campers. Any such foods will be removed immediately from campgrounds and donated. Please also avoid sending food that says "May contain traces of peanuts/nuts" or "Manufactured in a facility that processes peanuts/nuts."

### **Storage Containers**

We know campers love their nosh. All food packages must be stored in sealed airtight containers (e.g. Rubbermaid/Tupperware). This rule is strictly enforced for sanitary reasons.

### **Food-Related Appliances**

No food-related appliances (including but not limited to refrigerators, toasters, grills, hotplates, and sandwich makers) may be brought to camp.

### **Canteen**

Canteen operates as a cashless environment. We'll send you an email with detailed information on how to deposit money in your child's canteen account as per your discretion. Cash should only be sent for trips and will be kept in a safe in the camp office.

### **Drinks**

Water and other drink bottles cannot be sent with the camp luggage trucks. Your child will be able to purchase them by the case through the camp canteen.



## CLOTHING

**Labelling** Label all clothing to avoid losing them in the laundry. Also label all non-clothing items, such as toothbrushes, soap dishes, goggles... everything! At the end of the summer, articles not claimed at camp's lost and found will be donated.

**Dress Code** Tee shirts with short sleeves are allowed during sports (with appropriate wording or pictures). During davening and learning, button down shirts must be worn with your "proper" hat and jacket.



## LAUNDRY

Laundry will be done two times during the season. The first time will be the Monday after Tisha B'av. Please make sure your son has enough clothes to last until the first laundry. Note that anything given in to camp laundry gets washed and dried in a standard washer/dryer. (Please don't give in delicates; we can't take responsibility for damage.) Pack a labeled laundry bag as well as a large mesh bag (labeled, of course!) for socks.

**Laundry Dates:** Monday July 31 and Monday August 7



## ELECTRONICS

When it comes to electronics, less is more. Camp takes no responsibility for lost valuables. Additionally, any device that has video or Internet capabilities, even if those capabilities are filtered or blocked, is not allowed and will be confiscated without being returned.

Cell phones are likewise not allowed. If your child needs one for travel, it may be placed in the camp safe for the duration of the season.



## MUSIC AND READING MATERIAL

Reading and music are wholesome ways to relax during downtime. Please ensure your child's selections are conducive to maintaining a Torah atmosphere. Secular books and music (including instrumental music) are not permitted in camp and will be confiscated until the end of the season.



*As a general rule: If it's not allowed in your son's school, then it's not allowed in camp.*



## **Packing List** Ready to get packing? Here's a list to help!

Please be sure to label all items carefully.

### **CLOTHING AND OUTERWEAR**

- 8 cotton T-shirts/polo shirts (*no tank tops or cutoff sleeves, even for sports*)
- 6 sports pants
- 1 heavy jacket/sweatshirt
- 1 light sweater
- 1-2 suits
- 1 belt
- 1 pair dark pants for Shabbos
- 2 yarmulkes
- 3 pairs tzitzis (*must be worn to and from lake*)
- 14 pairs underwear
- 14 pairs socks
- 1 bathrobe
- 4 pairs pajamas (*2 heavy, 2 light*)
- 1 hat (*bar mitzva & over*)
- 4 dress shirts
- 2 Shabbos shirts
- 1 Davening jacket
- 2 ties
- 2 bathing suits
- 2 bath towels
- 2 beach towels
- Weekday shoes
- Sneakers
- Beach shoes
- Slippers
- Non-leather shoes (*for Tisha B'Av*)
- Shabbos shoes
- Rubbers or rainboots
- Raincoat

### **BEDDING**

- Sleeping Bag (*optional*)
- 4 sheet sets & pillow cases
- Pillow & Blanket

### **TOILETRIES**

- Soap
- Shampoo & conditioner
- Toothbrush & toothpaste
- Deodorant
- Bathroom cup
- Brush
- Sunscreen
- Insect repellent containing Deet
- Nail scissors
- Medication (*if applicable. To be given to the Doctor upon arrival in camp*)

### **SEFORIM**

- Siddur with Shabbos davening
- Chumash Devarim

### **MISCELLANEOUS**

- Laundry bag
- Mesh bag
- Pen & pencil
- Postcards or stationery and stamps (*for Canadian mail; international stamps are sold at canteen*)
- Flashlight
- Batteries
- Sealable airtight container (*for storing food packages in the bunkhouse*)
- Backpack
- Camera (*labeled!*)
- Safety pins
- Spare pair of prescription glasses (*if applicable*)
- Hangers
- Roller blades and helmet (*options, if bringing, helmet is required; pads are encouraged, as well*)
- Protective hockey gear, including headwear and goggles



*Note: Don't bring multi-plug adapters, extension cords, heating appliances, or old fans, as these pose serious fire hazards to the entire camp. Scooters are not allowed in camp. Expensive jewelry and electronics are not advised; camp cannot take any responsibility for their loss.*

# Luggage and Transportation



## **LUGGAGE DAY**

**Thursday, July 20, 2023**

Drop-off 4:00 – 6:00 pm, Agudah Toronto, 129 McGillivray Avenue



## **TRAVEL DAY**

**Friday, July 21, 2023**

Boarding 8:00 am, Departure 9:00 am  
Herbert H. Carnegie Centennial Centre  
580 Finch Avenue W.



## **RETURN DAY**

**Tuesday, August 15, 2023**

Arrives between 2:00 - 3:00 pm  
Herbert H. Carnegie Centennial Centre  
580 Finch Avenue W.

# Communicating with Your Camper

CONGRATULATIONS. YOU'VE SEEN YOUR CHILD OFF!  
NOW – HOW DO YOU REACH EACH OTHER?



## PHONES

Camp takes getting used to. Every summer, we observe that the less phone calls campers make, the more smoothly they adjust.

On your child's end, camp phones are free and available at set times for each bunk. Your child's counselor will encourage him to call home only when he really needs to. We ask parents, too, to avoid calling their children unless there's an urgent need. (Use the camp office number or, in true emergencies, Rabbi Blaustein's emergency line.)

North American calls are free. International calls need a calling card.

The office is open from 9:00 – 5:00, leave a message if no one answers.



## LETTERS AND EMAILS

There's nothing like getting mail from your child in camp, and your child feels the same way about getting mail from you! We encourage both of you to keep them coming.

**Letters** can be sent to the following address:

Name of camper  
Bunk Number  
c/o Camp Agudah  
3793 Muskoka Road  
Highway 118 West  
Port Carling, ON POB 1J0



*Don't send letters to the Toronto office; they are not going to reach your child.*

**Emails** should be sent as follows:

- Include your child's name and bunk number in the email's subject line and at the top of your email.
- Keep emails to one page
- Do not include pictures – they will not be shown/given to the camper.
- Emails are distributed once a day, usually during lunch, and are monitored by office personnel.
- Email address: [camper@campagudahtoronto.com](mailto:camper@campagudahtoronto.com)



## **PACKAGES**



### ***IMPORTANT NEW PACKAGE POLICY***

We strongly discourage parents and relatives from sending packages. However we realize that there may be times that necessary packages need to reach your children. As of Summer 2023 our new package policy is:

**NO FOOD** is allowed to be sent to camp (perishable, grocery, homemade or store bought) either by mail, UPS, or delivered personally. Our office staff will check each package when it arrives and will donate anything that is not allowed.

Thank you for your cooperation in upholding all these guidelines.

# ACTION PLAN FOR Anaphylaxis

For use with **EpiPen®** adrenaline (epinephrine) autoinjectors

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_



Confirmed allergens:

Family/emergency contact name(s):

1. \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

2. \_\_\_\_\_

Mobile Ph: \_\_\_\_\_

Plan prepared by doctor or nurse practitioner (np):

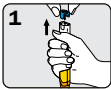
The treating doctor or np hereby authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian.

Whilst this plan does not expire, review is recommended by DD/MM/YY

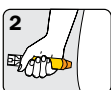
Signed: \_\_\_\_\_

Date: \_\_\_\_\_

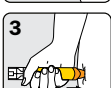
## How to give EpiPen®



1 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



2 Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



3 PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

EpiPen® is prescribed as follows:

- EpiPen® Jr (150 mcg) for children 7.5-20kg
- EpiPen® (300 mcg) for children over 20kg and adults

## SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - **these are signs of anaphylaxis for insect allergy**

## ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy  seek medical help or  freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Give antihistamine (if prescribed) \_\_\_\_\_
- Phone family/emergency contact

**Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis**

## WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

## ACTION FOR ANAPHYLAXIS

- 1 LAY PERSON FLAT - do NOT allow them to stand or walk
- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



### 2 GIVE ADRENALINE AUTOINJECTOR

### 3 Phone ambulance - 911

### 4 Phone family/emergency contact

### 5 Further adrenaline may be given if no response after 5 minutes

### 6 Transfer person to hospital for at least 4 hours of observation

### IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then asthma reliever puffer** if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed:  Y  N

*Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.*

# Rebbe's Recommendation Form

DEAR REBBE:

In order to ensure that your Talmid is placed in the proper Learning Group, kindly complete this form and email it to [learningdirector@campagudahtoronto.com](mailto:learningdirector@campagudahtoronto.com)

**Please do not return this to your Talmid.**

Thank you in advance for your cooperation.

Name of Talmid: \_\_\_\_\_ Grade: \_\_\_\_\_

Name of Yeshiva: \_\_\_\_\_

On a scale of 1-5 (5 being the best), kindly rate the following:

<b>Behaviour:</b>	1	2	3	4	5
<b>Social Skills:</b>	1	2	3	4	5
<b>Effort:</b>	1	2	3	4	5

**Academic Level:**

<b>משניות:</b>	Below average	Average	Above average
<b>גמרא:</b>	Below average	Average	Above average
<b>רש"י:</b>	Below average	Average	Above average
<b>תוספות:</b>	Below average	Average	Above average

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Rebbe's Signature: \_\_\_\_\_



We can't wait to  
greet your child  
and enjoy another  
fantastic summer  
together!

