



JCC Abrams Camps Summer 2020 Family Guidebook

July 13th – August 21st



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Camp is Needed More than Ever

We are here to support our camp families! This summer, we believe it is more important than ever to provide your children with a positive and safe place to be with their peers. To have role models that will care for them and rebuild their self-confidence for them to go back to school. Camp will look and feel a little different this summer, but it will also be filled with all the favorite Abrams traditions and meaningful moments that your campers live 10 months for 2. Take comfort in knowing that this summer we will take great care of their emotional and social well-being. In keeping with our Abrams values, our commitment to creating a warm and nurturing environment for your children is not going to be compromised.

Opening the JCC Abrams Camp safely is the solution. We have been counseled by leading medical and environmental experts, that the risk of transmitting the COVID-19 virus in an outdoor environment like camp is extremely low, yet the benefits of the socialization, exercise and learning that happens at camp would be tremendous.

Thank you for supporting us and trusting us.



Perseverance



Community



Tikkun Olam



Respect



Friendship



Kindness



Why we believe camp is safe to open

The health and safety of your children remains our top priority. All of our planning, protocols and procedures have been in partnership with NJ Department of Health (NJDOH), the American Camp Association (ACA) field guidelines and their consultant, Environmental Health & Engineering Inc. (EH&E) and the Center for Disease Control (CDC). We have also worked in consultation with our local East Windsor township Board of Health, local medical professionals and our national JCCA of North America office.

Our operations and facility staff is working to get everything in place for the first day of camp. This includes securing PPE for our staff, updating sanitization procedures and products, installing signage to reinforce social distancing and healthy hygiene, and replacing cleaning chemicals to meet the higher standards recommended under regulatory agencies for effectively killing viruses including COVID-19. Our senior staff attended numerous virtual training workshops and professional development programs which focused on successfully re-opening community centers.

Additionally we have invested in new equipment to assist with deeper daily cleaning using new electrostatic technologies. We believe we are implementing all health and safety procedures to the best of our ability.

While no facility can claim to be totally safe from this virus or any other, please know that the JCC is actively working to meet our mission of providing the safest and most welcoming facility possible for your campers.

Who we've counseled with



BOARD OF RABBIS OF PRINCETON MERCER BUCKS





Abrams Quick Facts

Camp Dates: July 13th – August 21st

Contact Info & Social Media

- Phone:** (609) 606-7070
- Website:** www.jccabramscamps.org
- Email:** jccabramscamps@jccpmb.org
- Parent Dashboard:** jccabramscamps.campmanagement.com/campers
- Facebook:** www.facebook.com/abramsdaycampandteentravel
- Instagram:** www.instagram.com/jccabramscamps/
- Youtube Videos:** JCC Abrams Camps
- 2020 Camp Photos:** jccpmb.smugmug.com/share/Abrams-Summer-2020

Camp Address:
 JCC Abrams Camps
 148 Cedarville Rd.
 East Windsor, NJ 08520

From our Health Center

Health Info:

- Camper's Health Forms **MUST** be completed by **Monday, June 29th** via parent dashboard
- Camper's Medication (with pharmacy label) **MUST** be dropped off to Health Center by **Thursday, July 9th**
- Please call or email the office if there are any changes in your camper's health after submission of health forms

Camp Hours

Camp Begins 9:00am
Camp Ends 4:00pm



Parent Drop Off/ Parent Pick Up:
 See Transportation packet for more details

Camp Backpack

- Filled water bottle
- Spray sunscreen and a face stick in a zip-lock bag
- Facial Covering in a zip-lock bag
- Towel
- Hat, change of clothes (optional)
- Friday Shabbat camp shirt



Hey! Don't forget to wear shorts, sneakers with socks, bathing suit and sunscreen (applied prior to arrival).

Label Everything with your Name!!

Abrams Extras

Birthday Package

CAMPtacular birthday package includes: Cookie cake for their bunk, balloon and a fun surprise!



*New this summer, we are celebrating all **quarantine birthdays** between March 13th and July 13th all summer long. Keep it a secret for an extra fun surprise.*

Cost: \$35 (outside food is not permitted)
 Purchase on parent dashboard by July 6th

Challah Fridays



Order fresh-baked delicious challahs for Shabbat. Have your camper bring them home on Friday!

Cost: \$6.00/challah (sorry, no refunds)
 Purchase on parent dashboard by July 6th

Parent dashboard

<https://jccabramscamps.campmanagement.com/p/campers>

This summer, anything that is left behind (not labeled) will be discarded at the end of the day. All labeled items will be returned by Friday.



Summer 2020 Camp Calendar

MITZVAH MONDAY

TUESDAY

WACKY WEDNESDAY

THURSDAY

FRIDAY FEST!!!

WEEK

July 13	July 14	July 15	July 16	July 17
Bee Fearless JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.	CAMPtacular Birthday Scavenger Hunt!	WACKY 1970's TIE DYE DAY 	CORNHOLE CONTEST 	THE EXTREME STUNT SHOW



WEEK

July 20	July 21	July 22	July 23	July 24
Bee Proud ISRAEL DEFENSE FORCES	Camp-Wide Art Mural 	WACKY 1980's HAIR DAY 	falafel party! 	ISRAELI FAIR '20



WEEK

July 27	July 28	July 29	July 30	July 31
Bee a Mensch rise SHOP DONATE VOLUNTEER	Random Abrams Kindness 	WACKY 1990's Neon NEON DAY 	LIP SYNC BATTLE 	Wildn wacky GAME SHOW



WEEK

August 3	August 4	August 5	August 6	August 7
Bee a Friend easel animal rescue league mercer county, new jersey	Cardboard Boat CHALLENGE 5 th year 	WACKY 2000 Y2K METALLIC DAY 	LEGO SHOWCASE! 	Abrams Camp Birthday Fest! 60 HAPPY CAMP-a-versary



WEEK

August 10	August 11	August 12	August 13	August 14
Bee a Trailblazer JFCS OF GREATER MERCER COUNTY help hope healing	Teen Takeover 	WACKY 2010 SUNGLASSES 	TIE DYE FUN! 	Abrams Break a Camp Record



WEEK

August 17	August 18	August 19	August 20	August 21
Bee a Family Madrichim's The BIG Give	LET'S MOVE CHAMPIONSHIP 	WACKY 2020 FUTURE 	The Decades JCC Camp Idol 2020 	FAREWELL CAMP FRIENDS!



Note: All activities subject to change



JCC ABRAMS camps

148 Cedarville Road
East Windsor, NJ 08520
jccabramscamps.org
(609) 606-7070

JCC
Princeton Mercer Bucks
And Surrounding Middlesex & Monmouth Counties
Rel date 5/29/20
6



Group Size & Social Distancing



**SMALL BUNK
"HOUSEHOLDS"**



**LARGER COHORT
"FAMILIES" WILL
NOT MIX**



**NO LARGE
GATHERINGS**



**SAFE INTERACTION
WITH ALL STAFF**

Following recommended guidelines, each camp bunk will have between 12-15 campers with two to three counselors. These small, self-contained "household" groups and their counselors will stay together all day, every day.

- ✓ To best observe social distancing guidelines, each bunk will not interact or mix with any other bunks during the camp day.
- ✓ Bunk benches and picnic benches have been reconfigured to allow for social distancing.
- ✓ Each bunk, otherwise referred to as a "household" is part of a larger 50-person cohort referred to as a "family" and will remain socially distanced.
- ✓ Just as you do at home, each bunk/household will not require social distancing and may interact with each other and their counselors.
- ✓ A Unit Director from our Leadership Team will travel with their cohorts to zoned programming areas and activities throughout the day to ensure proper social distancing, proper hand hygiene and proper sanitization of activity equipment in between each period.
- ✓ Camp Specialists and Leadership Team who interact with various camp bunks and staff throughout the day will remain socially distanced. All staff that work outside of the bunk's household will be required to wear proper facial coverings when closer than 6 feet.
- ✓ Large gatherings have been postponed this summer, but our Annual Camp Idol Production will be livestreamed for families to view from their homes.
- ✓ Special event days will be re-imagined and limited to accommodate social distancing among families.

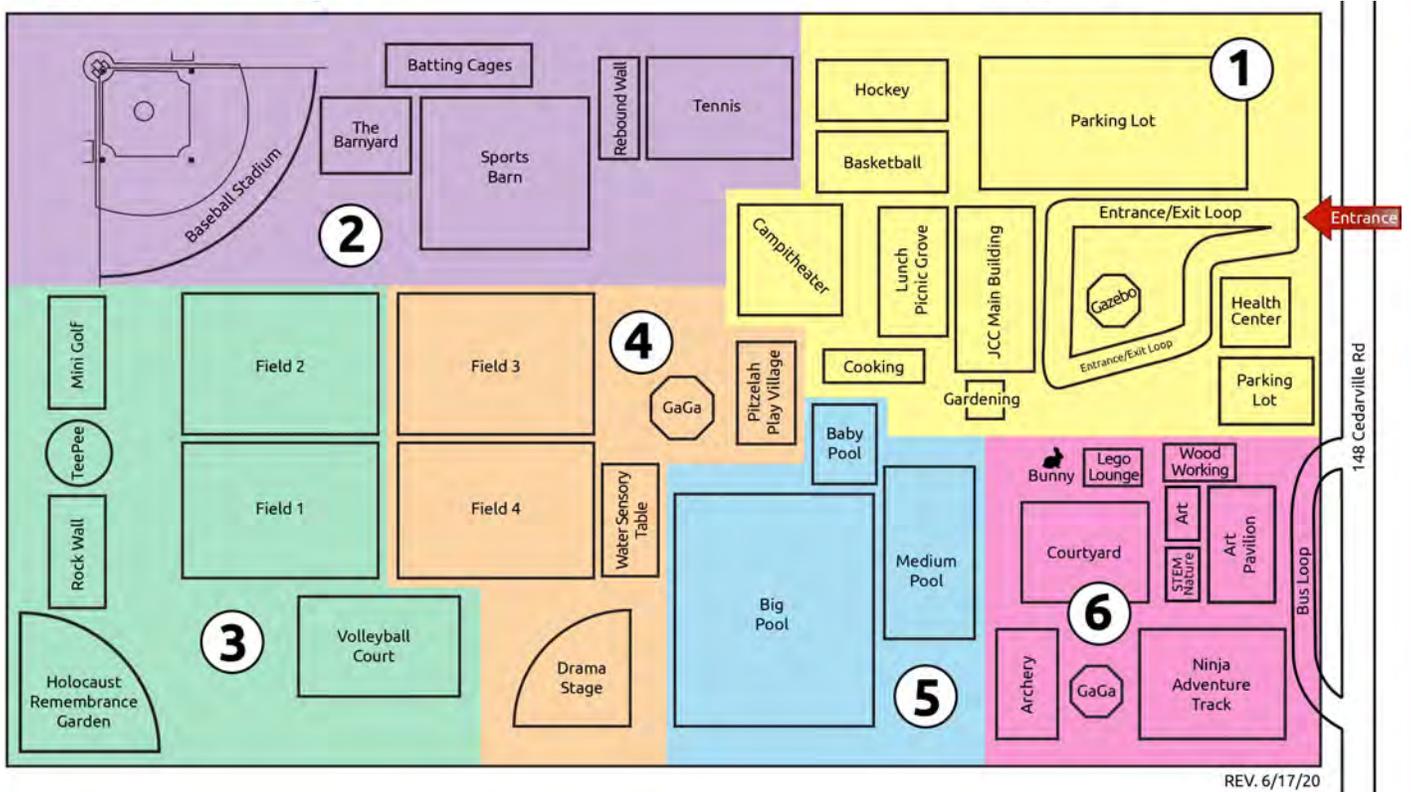


Zone Programming



Zone programming will be utilized this summer to help:

- ✓ Reduce co-mingling amongst campers and staff
- ✓ Adhere to new social distancing guidelines
- ✓ Management of bunk schedules
- ✓ Unit Directors remain with their cohort in designated zones
- ✓ With sanitization and hand hygiene between periods





Transportation



Busing

This summer we have made the decision, along with the feedback from our parent surveys, to offer busing to those located furthest from camp, at central stops in Princeton, Plainsboro, Lawrenceville, Pennington, and Yardley.

- ✓ Parents and campers must wear facial coverings to the bus stop and social-distance from other families. Campers will wear their facial coverings on the bus, exiting the bus and until they get to their bunk benches.
- ✓ Bus counselors will conduct daily temperature checks and ask COVID-19 symptom screening questions about your household and camper before loading the bus.
- ✓ Anyone with a temperature of 100.4°F or higher or presenting any COVID-19 symptoms will not be permitted to attend camp that day.
- ✓ Campers will have assigned seats by either sibling or bunk. All busses are running at reduced capacities.
- ✓ All busses will be sanitized regularly, bus drivers will be wearing facial coverings and remain socially distanced from campers. Campers will sanitize their hands when they arrive at camp.
- ✓ Family transportation cards and schedules will be mailed home before camp begins.



Drop-off/Pick-up

Please note that during camp drop-off and pick-up, the JCC parking lot will be closed to other traffic to allow for a safe and smooth process. You will receive a transportation card to display on your front dashboard with your drop-off/pick-up times.

- ✓ The parking lot will be well staffed with:
 - NAVIGATORS who will direct traffic.
 - SCREENERS who will oversee the check-in process.
 - RUNNERS who will bring campers to their groups.
- ✓ Parents and campers must wear facial coverings once entering the drop-off loop. Campers will wear their facial coverings while exiting the car and until they get to their bunk benches.
- ✓ Check-in will be done in your car during drop-off. Screeners will conduct daily temperature checks and ask COVID-19 symptom screening questions about your household and camper before exiting your car.
- ✓ Anyone with a temperature of 100.4°F or higher or presenting any COVID-19 symptoms will not be permitted to attend camp that day.
- ✓ Family transportation cards and schedules will be mailed home before camp begins.



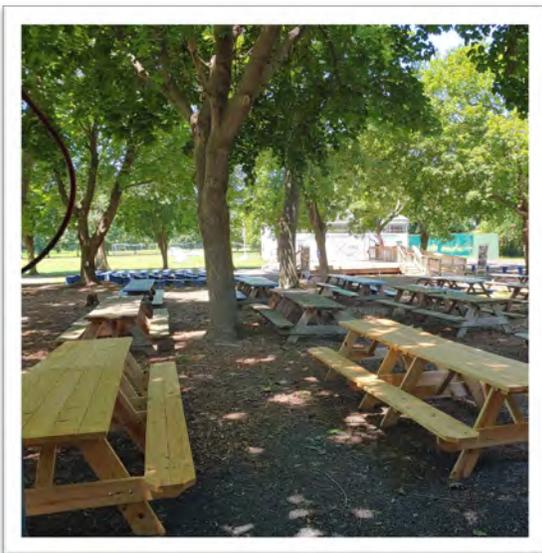


Lunch & Snacks



We are thrilled to be able to continue to offer a nutritious and delicious lunch and two snacks daily. Here are a few of the changes that we are implementing to meet the new field guidelines:

- ✓ Everyone will wash their hands with soap and water before eating.
- ✓ Campers will sit with their household, spaced 6 feet socially distanced from other households.
- ✓ All food will be served to the campers by their counselors. There will be no self-service this summer. All trash will be placed on a disposable tray and thrown away by counselors.
- ✓ All food servers will wear facial coverings and gloves.
- ✓ We will be providing a mid-morning fruit or individually wrapped snack and a cool treat at the end of the day.
- ✓ Please send your child to camp daily with a labeled reusable water bottle that can be refilled by counselors.
- ✓ A third lunch period has been added to reduce the number of people in the picnic grove at one time.
- ✓ Lunch tables will be deep cleaned and sanitized between groups.





Swimming



We know that swimming is a favorite activity for many campers and an important part of the summer camp experience. Swimming pools have been deemed safe because the virus is not waterborne and pools are properly treated with chlorine. There is no current evidence that COVID-19 can be spread to people through the water in a pool or water play areas.

- ✓ A designated section of the pool will be given to each group and a limited number of campers will be in the pool at any time.
- ✓ The pool deck will remain socially distanced by bunk and each bunk will have a designated area to store their towels, etc. Campers will use the changing sheds only by bunk.
- ✓ All campers will be swim tested (with social distancing guidelines) to ascertain their level and need for a puddle jumper swim vest.
- ✓ Counselors will swim with their bunk and assist Lifeguards during instructional swim. Swim instruction will be provided 6 feet apart with the bunk's counselors in direct contact with each swimmer.
- ✓ The Buddy Check system will still be in place to ensure safety.
- ✓ We ask this summer that you send spray sunscreen and a face stick for no contact application.
- ✓ Between groups, staff will disinfect high touchpoint areas such as pool railings.



Rainy Days

Like any summer, there are rainy or extremely hot days. This year is a bit different because we are making every effort to be outside as much as possible.

Rainy Days

- ✓ A complete washout (which is quite rare) would, unfortunately, have to be handled like a snow day at school, i.e., our camp site will be closed for the day. We will provide notice by 6am so that parents can make alternate plans.

Inclement Weather

- ✓ We are always prepared at camp for liquid sunshine. We will be doing quieter bunk activities indoors with facial coverings on.
- ✓ Our buses will be on stand-by if the day turns from inclement weather to an unanticipated total-washout. Campers that are parent drop-off will remain at camp until dismissal.



Health Protocols & Procedures



Facial Coverings

- ✓ Campers will not be required to wear facial coverings while outdoors.
- ✓ Campers will be required to wear facial coverings before loading the bus for temperature checks and COVID-19 screening questions. They will remain on during the bus ride and while exiting the bus to their bunk benches. They will then be removed and put into a labeled zip lock baggie.
- ✓ Campers will be required to wear facial coverings while approaching car drop off for temperature checks and COVID-19 screening questions. They will remain on while exiting their cars to their bunk benches. They will then be removed and put into a labeled zip lock baggie.
- ✓ Campers will be required to wear facial coverings if we move indoors for a short period of inclement weather.
- ✓ We ask that parents send children with a facial covering that they are comfortable with and we will always have full stock on hand for everyone all summer long.
- ✓ Staff will wear facial coverings while inside, serving lunch or when social distancing is not feasible. Staff such as the camp Leadership Team and Specialists, who will be interacting with various camp groups, campers and staff throughout the day will wear face masks at all times during these interactions.
- ✓ Health center staff will always wear PPE while evaluating campers.



Hand Hygiene

- ✓ Hand washing or sanitizing will become a regular routine, especially before eating and after each activity. We will teach all campers and staff the correct 20 second-hand washing process and get them to engage consciously, so that it becomes a natural habit at home, at school, and beyond.
- ✓ Hand sanitizing stations are located throughout the entire campus including picnic grove, high traffic areas, and activity areas.
- ✓ We have slowed the schedule down to accommodate a healthy hygiene routine after each activity period.
- ✓ New outdoor handwashing sinks have been added within our sports and adventure areas. All bathroom sinks have been converted to touchless sensor faucets.



Cleaning & Sanitization



Our Operations and Facilities Department has established sanitization protocols and procedures based on regulatory guidelines. Additionally, we will be using EPA-listed COVID-19-killer cleaning products. All camp facilities will be sanitized before, during and after camp on regular schedules by trained staff who are supervised by our Camp Leadership Team and responsible for overseeing all cleaning and disinfection.

The entire JCC Campus (including playground & athletic equipment) was professionally sanitized using Electrostatic spray technology.

We have increased the sanitization schedule of all frequently used areas, equipment and structures, with a special emphasis on things such as door handles, restroom facilities, picnic and activity tables, playground equipment, and sporting goods, in order to better maintain a clean and hygienic environment.

Lunch tables will be deep cleaned and sanitized between each lunch period.

**The Professional Fix:
Electrostatic Spray Technology**

You may be able to take small steps to keep your environment cleaner than most, but ultimately, you'll need professional services to effectively combat the spread of disease. **Electrostatic spray technology** is one professional fix that uses an electrical charge to allow the appropriate sanitizers and disinfectants to wrap around and evenly coat all types of surfaces for a more complete clean.



An electrode atomizes the cleaning solution

The particles wrap around the surface

The charged particles are attracted to the surface area

3D objects & hard-to-reach places receive a clean, even coat

- ✓ All activity areas and high touch equipment will be sanitized after each use. Additionally, extra sets of equipment have been purchased to allow for swapping out and sanitizing between group usage.
- ✓ New technologies will be used to both identify and fight germ transmission, including electrostatic sprayers and cleaning agent sprayers.



New Signage at Camp

**BE SMART,
6 FT APART!**

REMAIN SOCIALLY DISTANT

**PLAY SMART,
6 FT APART!**

REMAIN SOCIALLY DISTANT

**SWIM SMART,
6 FT APART!**

**REMAIN SOCIALLY DISTANT
IN & OUT OF THE WATER**

- Close door
- Wash hands
- Dry hands
- Turn knob
- Toss in trash

**WASH HANDS
WITH SOAP FOR
20 SECONDS!**

**SANITIZE
YOUR
HANDS**

**WASH HANDS
BEFORE YOU
EAT!**

YIELD

**TO ONCOMING
FOOT TRAFFIC**

**ONE BUNK
AT A TIME
IN CHANGING
SHEDS!**

STOP

**WRONG
WAY**

GO

**ENTER
HERE**

**HEALTH
ADVISORY**

By entering this facility, you acknowledge the health risks and dangers associated with the transmission of the COVID-19 virus and other communicable diseases. You also recognize that exposure to the COVID-19 virus, or other communicable diseases, could occur while participating in programs or making use of the JCC Princeton Mercer Bucks & Abrams Camps campus. Please maintain proper social distancing and continue to wash your hands.

**DO NOT ENTER
IF YOU HAVE**

SOME SYMPTOMS OF COVID-19

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Health Monitoring, Protocols & Procedures



Health Center

- ✓ We will have two dedicated health professionals in our new Health Center and a behavioral and mental health support staff to keep our campers and staff safe and healthy this summer.
- ✓ Our medical staff will wear PPE while evaluating all campers and staff.
- ✓ All parents must report an absence into the Health Office by 12pm the same day. Campers and staff absences will be followed up with daily.
- ✓ We will also have a mobile triage golf cart throughout the day to handle all minor injuries such as bumps, bruises, cuts, and scrapes.
- ✓ Any camper exhibiting any communicable disease symptoms such as a fever, will remain in our isolation room and require immediate pick-up.



Camper & Staff Screenings

- ✓ All camper and staff medical health & history intake forms will be reviewed and pre-screened by our Health Center staff.
- ✓ Daily at-home health screenings by caregivers must begin 14 days before opening day of camp beginning June 29TH, and reported in daily to camp. This includes sending in daily temperatures and answering COVID-19 symptom questions.
- ✓ Each day a JCC staff member will be conducting a daily temperature check and COVID-19 symptom screening before loading the bus or during parent drop-off. No one will be permitted to come to camp if they have a fever of 100.4 or higher or presenting any COVID-19 symptoms.
- ✓ Morning visual scans and daily health monitoring will be conducted throughout the camp day.





Symptom Management Plan

- ✓ All staff have been trained to watch for COVID-19 symptoms such as:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- ✓ Any camper or staff exhibiting COVID-19 symptoms will need to seek immediate attention from their attending physician.
- ✓ A COVID-19 test will be required if their physician feels their symptoms could be suspect of COVID-19. A physician note will be required in order to return to camp for any illnesses.
- ✓ If there is a positive COVID-19 diagnosis reported to camp, we will report the case to the NJDOH and follow the guidelines that are in place at the time of reporting. Strict symptom management, including isolation, communication, tracing, and post-illness protocol will be enforced and we will follow all procedures provided by our local department of health.
- ✓ Any camper or staff member with a positive COVID-19 diagnosis will remain quarantined at home for 14 days. Any sibling of only the positive diagnosis will have to remain in quarantine as well.
- ✓ If there is a confirmed case of COVID-19, the affected individual must be symptom-free for 10 days including 3 days without fever reducing medicine. In order to return to camp you must have a doctor's note and present a documented negative test.
- ✓ All facilities that the individual came in contact with will be vacated, deep cleaned and disinfected per CDC guidelines. Those guidelines for handling exposure and mitigating risk of exposure will be strictly followed.

Our goal is to keep all our staff and families as informed as possible while remaining in compliance with various privacy laws. We intend to share generalized communications about any confirmed cases of COVID-19 among our staff or campers.





We're all in this together

In normal times, how people spend their evenings and weekends really wouldn't matter. Now it does. Counselors and staff will need to be rigorously safe during their off-hours so that they don't bring danger in. The same applies to campers' families. Everyone will be in this together, so everyone will need to be able to trust one another's actions outside to feel safe inside.

Once summer is here, please consider the number of people your child is exposed to after camp and on weekends.

And if your child is sick, or you think they may be sick, **PLEASE** keep them home. It is also our expectation that you will notify us if any member of your household tests positive for COVID-19.

Finally, please recognize that while we are following government and medical guidance to minimize risk of infection and run camp safely, we cannot eliminate ALL risk.



Visitor Policy

We will be adhering to a strict **NO CAMP VISITOR** policy this summer. Please note that only prescreened vendors will be authorized on our campus. We are strongly discouraging any late arrivals or early pickups this season. You must contact the office to receive permission and then proceed to the Health Center.

The main office is closed to all families. If for any reason you need to speak to the Director or a member of our Leadership Team, the office will arrange to have your call returned after the camp day is over. If you wish to have a meeting with the Camp Director, it can be arranged virtually or only in the extreme emergency by an appointment at the Health Center.



Security

A full-time armed security guard from a private company will once again be on our campus this summer. All security guards will be trained prior to camp to understand and comply with our new health and safety regulations.



A 60th Summer like no other!

Our Parents say it best...

"Camp is needed now more than ever. Our kids need to learn to survive and thrive in this new world order and what better place to do that than camp?"

"I pray everyday that you all keep to your plan laid out below and continue on the path to reopen in 2020. And if you do, you will have our full support for whatever you need us as parents to do to make that happen! My daughter desperately misses her camp friends and traditions."

"The Jewish tradition of camping is strong. It has survived wars, economic downturns and even other diseases (my uncle went to sleep away camp during polio). I believe it can survive this too and I am willing to do whatever it takes to make summer 2020 a reality."

"Just a quick, but very meaningful "thank you"! We are hopeful and are so grateful that you are, too. Thank you for all that you are trying to do - it is appreciated more than you know!"

"I don't have words for how much our family appreciates all you are doing to make this summer possible for these kids. We are so grateful to have you in our lives. I am both nervous and excited for my son's return to camp. It means absolutely everything that I know he is going to be with people who truly care for him and his fellow campers."

"We are excited and thankful to be counting down to another year of camp at the JCC and appreciate all the hard work you and the staff have put in to make sure that it happens safely. We are ardent supporters of the camp community and will continue to be during these times and the easier ones that hopefully lie ahead."

"I just wanted to say thank you for the informative webinar last night. I am very confident that you are doing everything possible to keep your staff, counselors and campers safe. While I am nervous, I feel comfortable sending my son. We are both so excited for the start of camp. He thinks I am excited so I can have alone time (maybe a little). I am most excited that he can be a kid. He can run, jump, swim, climb, play and just BE with his bunk mates. He needs the socialization."

"Once again, thank you for all you do and have done. And thank you for opening this summer and giving our kids a chance to be kids."

"We are all beyond excited about camp and part of the reason that we're comfortable sending her is that we know that everyone there treats her like "their" kid too, so that explanation at the start really resonated. Just so impressed at what you've pulled together in just a couple of months. The contortions and rejiggering of everything. I have been shaking my head that it's even possible. Managing a camp is hard enough. I can't believe having to redesign the whole thing just to make it happen at all. What a challenge that you have actually somehow more than met. Thank you all."

"Thank you for the zoom meeting tonight, and for all of the work that you and the leadership team have put into working through the challenges of opening camp this year. I could not be more grateful for your efforts, and am thrilled that she will experience another summer of making lasting memories and friendships at JCC."

