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# PARENT HANDBOOK 2021

**TUESDAY, JUNE 29 to MONDAY, JULY 26**

# REQUIRED FORMS

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The following items must be completed online by June 1 in order for your daughter to attend camp.

To access the following form, log on to your CampInTouch account by using the following link.

<https://cgibme.campintouch.com/v2/login.aspx>.



1) Camper Application (online)

2) Bunk Request (online)

3) Camper Profile (online)

4) Cell Phone Policy and Agreement (pdf to print, complete, and then upload online)

5) Health History (online)

6) Immunization (pdf to print, complete, and then upload online)

7) Parent Authorization (pdf to print, complete, and then upload online)

8) Physician's Exam (pdf to print, complete, and then upload online)

9) Transportation (online)

10) COVID-19 Waiver (pdf to print, complete, and then upload online)

The Packing List and Parent Handbook can be downloaded at [www.CGIPoconos.org/register](http://www.CGIPoconos.org/register).

# RULES AND POLICIES

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*Please review and reinforce the following rules with your daughter before camp begins:*

1. The simple rule we follow for camp living is that no one is allowed to cross the line into another's personal space regardless of in the intentions are playful or otherwise. CGI IN THE POCONOS will not tolerate disrespectful and/or inappropriate behavior to peers or staff.
2. Any camper defacing camp property (e.g., with graffiti or by any other means) will be billed for damages and asked to leave camp.

## GRATUITIES

Our policy is to prohibit the offering of gratuities to counselors and staff. All of our staff has been apprised of this policy. All staff members understand that if they accept a gratuity, they may be asked to leave their position at camp. The American Camp Association made this policy one of their standard policies.

## ITEMS PROHIBITED AT CAMP

### CGI IN THE POCONOS UNPLUGGED!

We do not allow campers to bring hand held electronic games such as Nintendo, PSPs or Gameboys to camp. In addition, CELL PHONES (see Cell Phone Policy & Agreement Form), DVD players, video cameras, laptops, PDAs and TVs are prohibited. Staff members are required to refrain from using these devices in the cabins. The only electronic items of this type that we will allow at camp are basic (audio only) iPods or CD players (so that campers can listen to music during rest hour and/or at bedtime). Please note that CGI IN THE POCONOS cannot be responsible for any loss or damage to these items.

### OTHER PROHIBITED ITEMS

**Please do not send any of the following items:** Dart guns, water guns, knives (including Swiss Army/Girl Scout knives), laser pointers or lighters. These items can be dangerous and cause a hazardous situation at camp. **Please note: If any of these prohibited items are found in camp, they will be collected and returned to the camper at the end of camp.** Do not send expensive cameras, expensive watches or expensive jewelry to camp. The camp cannot assume responsibility for the loss or damage of campers' personal property.

## LAUNDRY

Laundry is done weekly. Each camper must bring **two (2) laundry bags**.

## THE CANTEEN

Parents pay between \$30 and \$50 per session, in advance, into their daughter's Canteen Account to be used up by the camper during the camp session. CGI IN THE POCONOS is not responsible for any money kept by a camper in their bunk.

# COMMUNICATIONS

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## TELEPHONE

**Phone Call Policy:** Campers may call home twice (2x) during each 4-week session. Calls commence approximately one week into the session.

**Birthday Phone Calls:** If your daughter has a birthday during the camp season, please call the camp office a couple of days before the birthday to arrange a time to speak with your daughter on her birthday.

**Phone Calls to the Director:** If you need or want to speak with the directors during camp, please leave a message during the day and either Gershon or Devorah will return your call in the evening.

The Camp Website: **[www.CGIPoconos.org](http://www.CGIPoconos.org)**

**Sending E-mails to your daughter:** You may send e-mails to your daughter via your CampInTouch account.

**Letter Writing:** Please write and send e-mails to your daughter throughout the session. Receiving mail from home is vital in helping your daughter adjust to camp.

Letters should be sent to the following address:

Camp Gan Israel in the Poconos  
Attn: [Camper's Name]  
328 Wangum Falls Rd  
Hawley, PA 18428

## PACKAGES

Please be sure to include your daughter's name and bunk (if known) on all packages and envelopes. For security purposes, only flat envelopes are accepted at CGI IN THE POCONOS unless the camp office is notified in advance. If you need to send a package, please call our office to make arrangements. However, please be aware that due to Kosher Supervision at camp food, candy, soda, etc., items are not permitted and will be donated to the local food pantry. We suggest that you send only letters and e-mails. Please advise friends and relatives of this policy.

**Birthday Packages:** You may send a package (other than food and drinks) for your daughter's birthday. Please mark it "BIRTHDAY GIFT", and e-mail the camp office with the date of the birthday so we can deliver it on the actual birthday. CGI IN THE POCONOS makes a celebration for each camper whose birthday falls during the camp season. If your daughter's actual Bat-Mitzvah shall occur during camp, please call our office before June 1<sup>st</sup> so we can make special Bat-Mitzvah celebration arrangements.

# HEALTH CARE

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## MEDICAL FORM

The Health Department of the State of Pennsylvania requires that we receive a completed and signed Medical Form for every camper who participates in camp activities. By law, we cannot permit campers to participate in camp activities until we receive the required form.

Please schedule your daughter's checkup in the spring. The medical form is due on June 1st. If there are any changes in your daughter's health after you have mailed us this form, you must notify our office prior to camp.

**Please make sure you sign the authorization on the bottom of the page.** Provide names, addresses and phone numbers of relatives and physicians to call in the event you are away. Please complete all information. It is important that your physician sign the form and provide his address and office phone number in legible form.

**The Department of Health requires that the dates of all immunizations be entered on the medical form. The statements: "All immunizations are up-to-date" or "This child is in good health" are not acceptable to the Department of Health.**

**Please Note:** Some physicians prefer to use their own, more abbreviated medical form, which does not meet our needs. Ask your doctor's office to use our form exclusively, or, to use our form in addition to theirs.

## REQUIRED IMMUNIZATIONS

1. Diphtheria and Tetanus: Campers must be fully immunized against Diphtheria and Tetanus with the basic series of three injections and boosters. Campers should have a booster dose of Tetanus Toxoid every ten years.
2. Poliomyelitis: All campers must have received the complete series of oral polio vaccine (Sabin).
3. Measles: An inoculation of live attenuated measles virus vaccine is required for all children who have not had measles. It is important that this inoculation be given a minimum of two weeks prior to camp so that the protection it provides will be fully active.
4. Typhoid-Parathyroid: This vaccination is optional. Some recommend that children 11 years of age and up receive Typhoid immunization. If already immunized, a yearly booster dose is needed for continued immunity. Check with your physician to find out his/her recommendation.
5. Mumps Vaccine: Mandatory for campers who have not had the mumps.
6. Infectious Hepatitis: If camper is/was exposed to Infectious Hepatitis, gamma globulin should be given promptly after exposure. **CAMP MUST THEN BE NOTIFIED IMMEDIATELY!**

## **DENTAL CHECKUP**

Although there is no required form, it is important that all campers visit their dentist prior to camp and receive a clean bill of health. Parents of campers undergoing orthodontic treatment should communicate any special instructions to us.

## **COMMUNICABLE DISEASES**

Please be sure to check your daughter for the presence of head lice during the two weeks prior to departure and again immediately before camp begins. In addition, please check for ingrown toenails and/or planters warts and administer the appropriate treatment before camp begins. Notify the camp immediately if your daughter has been exposed to any communicable disease within the three-week period prior to their camp departure day.

## **MEDICATION**

It is imperative that you fill out the medical form completely; listing any and all prescription drugs your daughter needs to take during camp. Remember to send an adequate quantity for the entire session(s) she is attending. All prescription medication must be clearly marked with her name and instructions that must include quantity, time of day to be taken, and special instructions such as with, or prior to, meals.

If your camper requires over-the-counter or non-prescription vitamins or medication please also note this on the medical form and also enter the quantity, time of day, and special instructions for them. All over-the-counter medication should be clearly marked with your daughter's name and instructions.

Our policy is to keep all medication, with the exception of inhalers, in the health center. Please instruct your daughter to give her medication(s) to the camp Director upon arrival. Please inform the Director if your daughter needs to have her inhaler available at all times.

# INBOUND TO CAMP

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## **CAMPERS ARRIVING BY CAR:**

Parents who are driving their daughter to camp should plan to **arrive to camp at 5:00pm**. To ensure a smooth transition for all campers, parents dropping off their daughter are encouraged to take a quick tour of camp but not to stay more than 30 minutes. Parents interested in seeing the camp facility are welcome to do so when they pick up their daughter at the end of the session.

**Camp Address: 328 Wangum Falls Rd, Hawley, PA 18428**

## **CAMPERS FLYING TO EWR (Newark Liberty International Airport):**

Please be aware that camper flight information is due at the camp office by June 1<sup>st</sup>. Camp Personnel will meet and greet your daughter at EWR - Newark Liberty International Airport upon her arrival. This is the only airport from which CGI In the Poconos can provide pickup (and drop-off) service.

Please be sure your daughter has her photo ID and a minimal amount of carry-on luggage. Consult your carrier for current baggage and travel requirements (i.e., size of carry-ons, plastic bags for liquids, etc.). Please plan to arrive at the airport well in advance of the scheduled flight to enable your daughter to have a safe and enjoyable trip.

**IMPORTANT NOTE:** Please schedule your daughter's flight to arrive between 2:00 pm – 4:00 pm at EWR (Newark Liberty International Airport.) If a flight with an arrival time at EWR during this time period is not available, please call the camp office at 845.425.0903 and we will advise and assist you in finding an alternative.)

# OUTBOUND FROM CAMP

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## **CAMPERS LEAVING BY CAR:**

Please plan to pick up your daughter between 10:00 am - 11:00 am on her departure day. Any other pickup times must be arranged with the camp office.

## **CAMPERS FLYING OUT OF EWR (Newark Liberty International Airport):**

Please schedule your daughter's flight to depart between 2:00 pm – 4:00 pm from EWR - Newark Liberty International Airport – only. If a flight is not available from EWR during this time period, please call the camp office at 845.425.0903 and we will advise and assist you with finding an alternative.



**DIRECTORS:**

Gershon & Devorah Sandler

**WINTER ADDRESS:**

CGI in the Poconos  
10 Hidden Glen Lane  
Airmont, NY 10952  
Phone: 845.425.0903

**SUMMER ADDRESS:**

328 Wangum Falls Rd  
Hawley, PA 18428  
Phone: 845.425.0903

**EMAIL:**

[Info@CGIPoconos.org](mailto:Info@CGIPoconos.org)

**WEBSITE:**

[www.CGIPoconos.org](http://www.CGIPoconos.org)

**FACEBOOK:**

[www.facebook.com/CGIPoconos](http://www.facebook.com/CGIPoconos)

**INSTAGRAM:**

[cgipoconos](https://www.instagram.com/cgipoconos)