



Spring To-Do's

* Please help us with following items for all campers *

1. **Camper Profile** – see enclosed instructions

We want more information about your son!

2. Begin packing for the summer – see enclosed **packing list**

Call with any questions

3. Complete and Read our **Health Forms** – see detailed instructions below

*We need **four** items for each camper:*

a. On-line Health form

b. Insurance card

*c. Physician's form from physical**

d. Permission to test for Covid

Physician's form can be up to **two years old from the start of the summer. Also – you can submit your doctor's form or download ours and have him/her fill it out and then upload that one!*

4. Read our “Be Avoda **Fit**” Policy

Help keep our campers eating right and following the rules

5. Read our **COVID FAQ's**

Camp Avoda Camper Profile

This form will inform us about your son's:

- Interests and hobbies
- Social disposition
- And more

To fill this out:

1. Go to www.campavoda.org
2. Go to the "Current Campers" menu and select "Camp In Touch Login" (or simply click the Camp in Touch logo/link on the front left on the home page)
3. Log in to your Camp In Touch account
4. Select "Forms & Documents"
5. Click on "Camper Profile" and fill out one form for each camper in your family.



Please refrain from sending your son with squirt guns, water balloons, or chewing gum.

Packing List

<p>Notes: Every article (including footwear!) <i>must be labeled</i> or marked with the camper's full name. Camp Avoda will provide the beanies/kippot. Two Camp Avoda T-Shirts are required of every camper and can be purchased from Amerasport (on-line at campavoda.org and click the "Store" link at the bottom of the home page).</p>	<p>FOR 2022:</p> <ul style="list-style-type: none"> • Just in case, each camper must bring 15 reusable masks or a box of disposable masks. • Water bottle with your camper's name on it <ul style="list-style-type: none"> ○ Choose a high quality bottle: e.g. Nalgene or metal so it can go in the camp's dishwasher
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1 Toothbrush & toothpaste	Athletic equipment:
Toiletry Carrier	tennis racquet*, glove*, hockey stick*, etc.
Tissues	Athletic supporter with protective cup (optional)
Soap and plastic soap dish w/cover (Or liquid body soap)	Mouth guard (optional)
Shampoo	Fishing rod and tackle (optional)
Baby powder (optional)	Elbow and knee pads (optional)
Comb or brush	1 Pair of Shin Guards (suggested for soccer)
Nail clipper	Sunscreen
12-14 Pairs of socks	Swim goggles (optional)
2 Pairs of sneakers	Laundry bag (for the one day the laundry is out)
1 Pair of waterproof footwear sandals or Texas	Flashlight and batteries
1 Bathrobe (optional)	Radio (optional)
1 Jacket/raincoat (optional)	Extra batteries
2 Sweatshirts	Padlock for locker door (combination lock) (optional for senior campers)
3 Pairs of pajamas	Small fan - clip-on; electrical or battery operated (optional)
1 Pair of jeans (optional)	Clip-on light; electrical or battery operated (optional)
1 Pair of sweatpants	Sunglasses
2 Pair of good shorts <i>or pants</i> (for socials and Shabbat)	Insect Repellant (with DEET)
1 Baseball hat or visor	2 Blankets or a comforter
10-12 Pairs of underwear	Sheets (twin size – 2 fitted, 2 straight)
10 T-shirts (at least 2 white and 2 dark blue)	Pillow
2 Polo shirts (for Shabbat)	2 Pillow cases
3 Bathing suits	Sleeping bag
8 Pairs of athletic shorts	3 Bath towels
Post cards, stamps, envelopes, paper	2 Beach towels (large size)
Pens and pencils	Musical instrument (optional)
1 Shoe bag (optional)	Books for reading (optional)
Duffle bags are recommended for packing clothing	Collapsible chair (optional)

You might wish to purchase an "under-the-bed" box for games, extra bed linens, and extra clothing. (The area under the bottom bunk (bed) is 11" from the floor to the bed spring.) Each Camper is supplied 2-3 drawers for his clothes as well as a locker.

Hand-held electronic games will not be allowed:

- iPads, Nooks, Kindles are not allowed
- Cell phones are not allowed
- No camper may bring any electrical appliance with the exception of a fan, light and clock/radio.
- The Camp forbids knives, and fireworks.

* PLEASE NOTE: Camp does **not** supply the starred athletic or sports equipment such as tennis racquets and baseball gloves. Campers can bring their own fishing rods with tackle – but camp also has some.

Instructions for Camper Families Regarding Health Forms

Overview

All camper families must complete, read and submit the following:

1. Health History Form *	To be completed on-line
2. Copy of Insurance Card *	Submitted on-line or via email
3. Physician's Form * (<i>Can be up to two years old from the start of the summer</i>)	Custom form from your physician is acceptable! Or download form through the web and bring it to your doctor to fill out. Form is submitted online or via email or regular mail.
4. COVID-19 Testing Consent *	To be completed on-line
5. Meningitis Memo	To be read on-line
6. Camp Avoda Medical Policy	To be read on-line
7. Immunization Memo	To be read on-line
8. Memo Regarding Medications	To be read on-line

*** REQUIRED**

Tech Notes:

- If you are inside a dialog box and cannot see the "next" or "continue" button at the bottom, make the screen smaller. On a PC, hit Ctrl key and the minus key. On a Mac, hit the command key and minus key. (The plus key makes things bigger.)
- If you are using Google Chrome and cannot see the downloaded document, maximize the window, then try downloading again.
- If you need help with any of this – please contact Ken: 781-433-0131 or email ken@campavoda.org.

Other Note:

- If you are a return camper, your data from last year should be in the system! (This makes it very easy for you.) Please be sure to review it and **make sure everything is up to date** for this important health data about your son.

Health Form Details

1. Health History Form

- a. Go to www.campavoda.org
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under each camper's "Forms and Documents"
- e. Find "Health History"
- f. Click on link and complete form

2. Insurance Card Upload through web, email, OR mail in

Submit/Upload through the web

- a. Photo copy BOTH sides of each camper's insurance card – save as PDF
- b. Go to www.campavoda.org
- c. Go to the "Current Campers" menu and select "CampInTouch Login"
- d. Log in and select "Forms & Documents"
- e. Under each camper's "Forms and Documents"
- f. Find "Health Insurance Card Upload" in the list on the left
- g. Click the "Upload" button **all the way to the right** (Note: the link on the left is simply instructions, you do not need to download this.)

OR

Email it to info@campavoda.org

OR

Send it to Ken Shifman through the **US mail**.

- a. Before June 10, please mail to
43 Standish Road
Needham, MA 02492
- b. On or after June 10, please mail to
Camp Avoda
23 Gibbs Rd.
Middleboro, MA 02346

3. Submit **Physician's Form**: *Two* steps as outlined below

Note: this form can be up to 24 months old from the start of camp, and **should include immunizations.**

Step 1: Your own doctor's form is acceptable. Or download our Physician's Form and bring to your doctor to complete. Please include Immunizations records.

- a. Go to www.campavoda.org
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under each camper's "Forms & Documents"
- e. Find "Physician's Form with Immunizations Upload"
- f. Click on the link on the left (picture of arrow pointing **DOWN**) to download and print if needed
- g. Bring this form to your doctor

NOTE – you do not have to use camp's physician's form. If your son's pediatrician has his or her own custom form that is fine. **We need a physical AND immunization list.**

Step 2: You can use the downloaded, completed form from *Step 1* OR your doctor's custom form. Upload through web, email, OR send in.

To **submit/upload** through the web

- a. Go to www.campavoda.org
- b. Go to the "Current Campers" menu and select "CampInTouch Login"
- c. Log in and select "Forms & Documents"
- d. Under each camper's "Forms and Documents"
- e. Find "Physician's Form with Immunizations Upload"
- f. Click "Upload" button **all the way to the right** (it is a picture of an arrow pointing **UP**)

OR

Email it to info@campavoda.org

OR

Send it to Ken Shifman through the **US mail**.

- a. Before June 10, please mail to
43 Standish Road
Needham, MA 02492
- b. On or after June 10, please mail to
Camp Avoda
23 Gibbs Rd.
Middleboro, MA 02346

4. Covid-19 Testing Consent Form
 - a. Go to www.campavoda.org
 - b. Go to the "Current Campers" menu and select "CampInTouch Login"
 - c. Log in and select "Forms & Documents"
 - d. Under each camper's "Forms & Documents"
 - e. Find "Covid-19 Testing Consent"
 - f. Click on link, read the form and sign it.

5. Meningitis Memo
 - a. Go to www.campavoda.org
 - b. Go to the "Current Campers" menu and select "CampInTouch Login"
 - c. Log in and select "Forms & Documents"
 - d. Under "Forms & Documents for Your Family"
 - e. Find "Meningitis Memo"
 - f. Click on link and simply read form

6. Camp Avoda Medical Policy
 - g. Go to www.campavoda.org
 - h. Go to the "Current Campers" menu and select "CampInTouch Login"
 - i. Log in and select "Forms & Documents"
 - j. Under "Forms & Documents for Your Family"
 - k. Find "Camp Avoda Medical Policy"
 - l. Click on link and read form

7. Immunization Memo - please read and ensure your son has all necessary shots
 - a. Go to www.campavoda.org
 - b. Go to the "Current Campers" menu and select "CampInTouch Login"
 - c. Log in and select "Forms & Documents"
 - d. Under "Forms & Documents for Your Family"
 - e. Find "Immunization Memo"
 - f. Click on link and simply read form

8. Memo Regarding Medications
 - a. Go to www.campavoda.org
 - b. Go to the "Current Campers" menu and select "CampInTouch Login"
 - c. Log in and select "Forms & Documents"
 - d. Under "Forms & Documents for Your Family"
 - e. Find "Memo Regarding Medications"
 - f. Click on link and simply read form

Be Avoda FIT – A Focus on Healthy Living



F: Food

I: Improvement

T: Technology

Camp Avoda is excited to maintain our healthy living paradigm while your son is at camp. We have *listened* to parent feedback and we have discussed this with many people. We have also looked at what many other camps are doing and *not* doing. We are excited to put even more of an emphasis on being **healthy** in many ways during the summer. We are aware that changes at summer camp are never easy, but we are eager to join the healthy trends in our society.

Food:

- **We do NOT allow food or snacks in the bunks.**
 - We have snack time during the day and after the evening activity
 - If your son is hungry between meals, tell him to ask at the Main Office!
 - We can't allow allergens in the bunk

- **Sports drinks and water are NOT allowed.** Drinks caused trash, unhealthy options with no moderation, caused camper jealousy, and was turned into a source of currency.
 - We have water fountains all over camp. We recommend bringing a water bottle that can be refilled.

- Please refrain from sending *food* in care packages to your boys. (Please let your relatives know too.)

*NOTE: We really need **your** help with this. In past summers parents were sending and sneaking food into camp. This does not send a positive message about following the rules and doesn't support our goals. Please help enforce our snack policy.*

Improvement

Each camper at Avoda is an *Individual*. We will help foster social *interactions, building self-confidence, character, friendships and mentors*. "I" stands for **Improvement**, personal improvement - and we want your son to develop not only his spirit and mind but also his body.

At Camp Avoda, campers are physically busy by the nature of our program and we see no signs of slowing down. We know our campers like to run, bike, swim, climb, volley, kick, paddle, swing, throw, hustle, and score. We remain dedicated to teaching your son how to move his body, compete, and sweat. We look to build on existing activities and add some new challenges and fitness components.

Technology

Camp Avoda is electronics-free.

Please help us keep Camp Avoda a place where **kids can get away from screen time**: cell phones, iPods (which do more than play music), TV's, laptops, kindles, and more. Let's give our kids a *break* and promote social interaction, back to basics, and a natural experience. This will also alleviate lost, misplaced or damaged commodities that may occur.

If your son needs music to go to sleep, you need to provide a radio or MP3 player that is *music-only*.

If your son is found with a cell phone, he will be asked to leave camp for three days.

This is non-negotiable. If he lives out of state, we will ask a friend or relative to pick him up for his suspension. Typically we find the senior campers brazenly (parents included) bring cell phones to camp. This will not be allowed. As we always say, "Who do you want to text or call? You are at camp with your best friends and *not* with your parents."

All other electronics will be confiscated and Camp Avoda will not be held liable for the property.

For reading, we suggest books, magazines, and comic books.

We look forward to making Camp Avoda campers FIT with your help.

Thank you!

COVID-19 FAQ's

As we all know by now, COVID is an ever changing situation. Below are our current responses to FAQ's regarding what policies and procedures will be in place for the summer of 2022.

Will camp be a bubble this summer?

As of this moment, we are planning for a normal camp experience this summer. As always, we expect guests to call before showing up at camp, and we will be monitoring all campers and staff for COVID-19 symptoms.

Will there be a Visiting Day?

We are planning for a Visiting Day on July 24th. Details will follow.

Do we need to schedule a test before camp?

Yes, each camper will need a negative PCR (molecular) test 72 hours before arriving at camp.

Will campers wear masks?

As of now, masking is not expected to be part of camp life. Please be aware that this could change in the coming weeks and we will keep you informed! (You will notice that on our Packing List we have included masks. This is a function of timing. While we are hopeful that masks will not be necessary, the Packing List is being sent to you now and we can't predict what summer will look like.)

What will the program look like? Will we have field trips? Intercamp games?

Camp Avoda's program will be similar to that of previous summers in most ways. Field Trips are returning to camp this summer and as of now, intercamp games are planned.

What will meals look like?

Meals will likely look similar to our usual experience. We will pay extra attention to using serving utensils and are likely to continue having staff serve at the salad bars.

How will time-off work for staff?

Staff will have their normal time off.

Will campers have to quarantine before camp starts? How about staff?

We will not be requiring families or staff to quarantine at home prior to camp.

Will camp have the ability to test campers, CIT's and staff for COVID-19?

Yes. Campers and staff will be tested at camp as required by the State of Massachusetts and recommended by the CDC. Testing will happen at camp for diagnostic purposes. A consent to test form is included in the materials you will be submitting before camp begins.

Do Campers and Staff have to be vaccinated?

All **staff** must be fully vaccinated before the start of camp. We highly recommend that all **campers** are vaccinated prior to camp. While it is not a requirement, please be aware that if there is a case of COVID-19 in a bunk, the quarantine rules may be different for unvaccinated campers. It is also possible that your son may not be able to participate in inter-camp games depending upon the requirements of the host camp. We are still waiting for guidance from the Massachusetts Department of Health.