

Camp Monroe

2010 Camper / Staff Guidelines

Respect

Our special focus is on developing and fostering respect for others and respect for ourselves. At camp we live in our own world; we are removed from the outside influences that impact all of us. Each of us is a Diamond and this separation allows us to help polish our diamond. We hope to instill an awareness of the effect that our speech, actions, and dress can have. Our goal is to strengthen the positive midos (values and behaviors) of each member of our camp family. This creates a comfortable camp environment and helps our campers and staff to serve as good role models when they return to their families, schools, and communities.

Dress

On the trees at camp are many signs. One reads, "Modesty in Dress and Behavior". We try to instill respect for every person at camp by building self-esteem. We encourage campers and staff to have the confidence to be themselves. We discourage judging people based on labels and external manifestations. Clothing companies, musical groups, sports stars, movies, DVDs, advertisers, TV sitcoms, magazines and other media attention grabbers inundate young people with styles and attitudes that are contrary to traditional family values and often suggest the antithesis to what we value. Their message is: the way to be popular and feel good is to attract others. They promote popularity by suggestively calling attention to young people's bodies. Their use of tight clothes, low-rider pants, exposed stomachs, low cut tops and excessive face make-up certainly attract attention, but what is the real message?! Young people have also been subjected to suggestive body movements and crude behavior, and some unconsciously come to mimic these. At Camp Monroe, we are prepared to stand against the tide of this media attempt to sell *their lifestyle & gear* at the expense of the inherent, wholesome nature of young people. We enjoy helping our campers and staff to regain a connection to their decent, moral selves which has a positive effect on their self-esteem! Many schools also have instituted codes of dress.

The following dress code will be adhered to at camp:

- All staff are required to wear a Camp Monroe T-Shirt every day.
- Swim suits – must be one piece or tankini. A one piece Camp Monroe swim suit can be purchased directly through the Camp Monroe office.
- Jeans – should not be skin tight
- Jewelry – nothing expensive or fancy
- Shorts – should not be skin tight, should be worn at the waist and not below, and the leg should come to the middle of the thigh, not higher
- T-shirts – should not be skin tight or see through, should cover the stomach and should be able to be tucked into shorts or pants
- Tank tops – must have a strap that is 3 fingers wide. No Spaghetti Tanks.
- Tube tops – should always be covered by a larger shirt
- Underwear – boxers should not stick out, and all under clothing should remain *under clothing* and not be visible

Campers and Staff will be asked to change if their clothing doesn't reflect the above list.

Language

Our motto at camp regarding proper speech is "Speak Like a Mensch". We do not accept cursing (called swearing by our European staff), name-calling or any speech that is derogatory. We encourage our

campers and staff to use descriptive adjectives that are neither demeaning to them, nor to the people with whom they are speaking.

Posters

We encourage decorating the bunks. Posters are permitted but not posters that are sexually suggestive, that have inappropriate pictures, that glorify or advertise alcohol, tobacco or drugs, or that use language that is cursing.

Shirts

Like posters, we will only permit T-shirts that are “clean” in relation to language, pictures, and innuendo. A shirt must be worn at all times by everyone.

Body Piercing

We do not go along with all fads. We are quite traditional at camp. We do respect the right of people to choose their own styles, but we want camp to be reflective of the traditions and values that we describe in all of our camp literature. Therefore, we accept small earrings, but do not accept any other jewelry that pierces the body. Tongue piercings are not permitted in camp. Our insurance company has advised us of the potential danger and liability that exists when people are physically active while wearing any jewelry. We reserve the right to ask that any body piercing, other than small earrings, be removed. We will not permit campers to get tattoos or have any body piercing at camp or while they are on a camp trip. We try to hire staff that also do not have tattoos or piercings. If someone does have one of these they must keep them fully covered at all times.

Raids

We feel that we offer all of the campers a healthy coeducational balance in our program. In today’s world of concern about sexual abuse, nighttime raiding is no longer considered "an acceptable part of camp". It is unfair to place any child in the position of receiving visitors of the opposite sex while dressed in their sleeping clothes. It is disruptive of sleep which depletes daytime enthusiasm and energy, and there is also the danger of injury, since the camp lights are off in the middle of the night. We have been very successful in preventing raids with parental help. We have a night watchman on all night.

If a camper is found in the bunk of the opposite sex between 12:30 a.m. and daylight, he or she will be sent home as stated in the camper enrollment form. A pro-rated refund of the balance of tuition will be returned. If a camper is found outside their bunk between 12:30 a.m. and daylight, parents will be notified, a strong sanction will be imposed on the camper, and, depending on the nature of the late night excursion, camper may be sent home from camp. The same rules exist for staff who will be dismissed from camp for being in the bunk of the opposite sex or engaged in the above stated night activity.

Smoking

Smoking is not permitted for campers, waiters and waitresses. We also usually do not hire staff that smoke. Everyone now agrees that smoking is detrimental to one’s health and a poor example for children. An adult that does smoke must do so out of view of campers in our one enclosed smoking area.

Emotional/Behavioral Medications

Children or staff on medication for ADD, ADHD or any emotional stabilizers should not be removed from the medication without consultation with your doctor and with the camp. Although camp does not require the same degree of concentration as school, there is the need for organizational skills, cooperative group activity, and the ability to react to a time schedule. We have found that there is an adjustment

period for people who have been removed from medication. More often than not, those who have come off medication have adjustment problems in the camp setting and often need to return to their regimen. It is also difficult for our staff to identify if someone is having problems without the medication, since we are not aware of how they acted when he/she was on the medication. It may not be wise to experiment at camp since a child's behavior and ability to "follow the program" (both in activities and chores), affects their acceptance into his/her group. This in turn affects that child's self-esteem and their initial adjustment to camp. All in all, children, or staff, on this type of medication do very well at our camp, and our Health Center staff is very efficient about making sure that they take the medication when required. Please give the above serious thought and discuss it with your doctor. When in doubt; it is probably better to make no changes in medication taken during the school year. If a parent decides to remove a child from medication, please have your doctor send us a note indicating the change and the reasoning for it.