



## CAMP SHANE

Office: 134 Teatown Road, Croton on Hudson, NY 10520 Winter: (914) 271-4141 Summer: (845) 292-4644  
office@campshane.com Camp Shane: Arizona • California • New York | Shane Diet Resorts: New York

### **Background Sheet**

**STAFF:** Our staff consists of about 160 men and women from across the United States, Australia, Canada and England. We employ an additional 40 people in non-counselor positions. Our season is about 9 weeks (including a staff training orientation) Salaries depend on age, experience, distance traveled and skill level. All positions provide free room, board, laundry and access to the camp health center.

**CAMPERS:** We have about 500 boys and girls - most are upper middle class. About 75% are from the northeastern United States. The balance is from across the US, Canada, and abroad. Approximately 2/3 of the campers attend for the first time each summer.

**CABINS:** Staff live in cabins with campers. There are typically 12 campers and 2 to 3 staff per bunk. All are equipped with hot and cold running water with private toilet and shower facilities. All have wood paneling, vinyl flooring, florescent lighting and screened glass windows.

**PROGRAM AND JOBS AVAILABLE:** Shane is run like any traditional camp. We have extensive and beautiful facilities. We offer all Sports, Aerobics, Tao Bo, Dance, Theatre, Woodworking, Computers, Needlecraft, Ceramics, Silk screening, Tie-Dye, Crafts, Music, Swimming, Water Skiing, Canoeing, Go-Karts, Gym, Camping, Leather Craft, Nutrition, Cooking and Exercise.

**CABIN SPECIALIST & INSTRUCTORS:** Cabin Specialists accompany their campers to all activities and participate and assist in those activities. Instructors teach skills and report directly to their particular activity area. They must be able to take charge of the group, instruct skills and be familiar with exercises, drills or projects for the group to perform. When not instructing, they accompany the group that they live with to other activities.

**DAILY ROUTINE:** Wake up is 7:45 a.m. for girls and 8:15 a.m. for boys. We start serving breakfast at 8:00 a.m.; after breakfast we have a cabin cleanup. We start every day with morning stretch, followed by three activity periods before lunch. After lunch there is a one-hour rest period and then 3 afternoon activity periods interspersed with a mid-afternoon snack break. Time is provided to shower before dinner. After dinner, staff are assigned activity posts around camp until evening activity, which is from about 8:00 p.m. to 9:15 p.m. (e.g. campfires, talent shows, movies, etc.). Staff not on duty may sign out at the end of evening activity (approx. 9:30/45 p.m.) All staff have one period off each day.

**CURFEW:** Counselors have a 12:00 a.m. curfew and Group Leaders have a 1:00 a.m. curfew. Staff are on O.D. (On Duty) three nights a week to supervise cabin groups from the end of evening activity (approximately 9:30/45 p.m.) until curfew. It is imperative that you go directly back to your cabin at curfew; campers need to be supervised 24/7, also you will need your sleep! Loitering is not permitted.

**RULES:** Camp has strictly enforced policies prohibiting smoking, gum chewing, body piercing and visible tattoos that may be inappropriate for children. Counselors must also sleep on the top bunks.

**DIET PROGRAM:** We have great food that is not "diet food." We serve 3 balanced, low fat, and low sugar meals per day. Service is cafeteria style to enable us to limit portions to about 1700 calories per day. Two snacks are also served daily. Foods such as french fries, cake, cookies, candy and ice cream are not available. Food & beverages are not permitted to be brought onto camp from outside sources. Note: Overweight counselors are required to follow the diet and are required to sign a commitment to stay on the diet.

**NON-DIETING STAFF:** Everyone is served the same quantity on the cafeteria serving line. After the entire camp is served, non-dieting staff is called up for additional food. There is no limit on quantities served, although on rare occasions, depending on demand, the cook may need to place limits.

**FREE TIME ACTIVITIES:** There are many local activities to enjoy on days and evenings off, such as movies, bowling, shopping centers, restaurants, canoeing, tubing, mountain biking (bring your bike) and hiking at the 600,000 acre Catskill Forest Reserve only 10 minutes from camp. New York City is just two hours away.

**E-MAIL/INTERNET ACCESS:** While at camp you will have very limited access to the Internet, you are allowed to use our computer lab on your nights off between the hours of 10 pm and 12 midnight. We ask that you limit your time so that other staff members may also have access to the web. There are periods during the camp season where there will be no access due to special events. Please remember that we offer this as a service and that we are not required to provide any access to the Internet.

**DAYS OFF:** There are 7 days off each summer. They start at 9:30 p.m. the evening before the off day, as long as there is bunk coverage. Staff are due back at curfew at the end of the day off. Days off begin after the first week of camp starts and end one week before camp ends.

**PETS:** Staff are not permitted to bring animals to camp.

**HEALTH SERVICE:** Our camp nursing staff is available to staff at no cost. Physician/Nurse Practitioner and off-camp medical services are the counselors' financial responsibility and can be paid directly through your health insurance or by salary deductions.

**TRANSPORTATION:** You are responsible for transportation to and from camp. However, where possible the camp office tries to coordinate car rides by matching drivers with counselors needing transport – expenses are shared. There is a bus service from New York City to the camp.

**AIRPORT:** For those of you that are flying, you must only fly into Newark Airport in New Jersey, between 10 am & 1 pm in order for us to try and arrange to pick you up. If there are many staff arriving simultaneously, we will contact you to arrange a meeting point. Departure flights cannot be booked earlier than 5:00 p.m. Please remember that you are typically not released from camp until after 3:00 p.m., Newark airport is over 2 hours away by car and airlines typically like you to check in 2 hours in advance.

Please sign return this form with your contract indicating that you have read this form and clearly understand and accept its contents.

\_\_\_\_\_  
Employee Name

\_\_\_\_\_  
Signature

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Date