



# OVERNIGHT CAMP AND RESPITES

## PARENT'S GUIDE

2020-2021 Edition

<b>CAMP ADDRESS :</b>	2464, Perrot boulevard Notre-Dame-de-l'Île-Perrot (Quebec) J7V 8P4
<b>PHONE :</b>	<b>All year long</b> 514 453-7600 ext. 234
<b>PHONE :</b>	<b>Summer (June 26 to August 25)</b> 514 453-7600 ext. 234 (8 a.m. to 4 p.m.) 514 453-7600 ext. 231 (4 p.m. to 8 p.m.)
<b>FAX :</b>	514 453-7601
<b>EMAIL :</b>	reservation@mon-camp.ca
<b>WEBSITE :</b>	<a href="http://www.mon-camp.ca">www.mon-camp.ca</a>

### Check-in or check-out procedures

When you arrive at the Centre or at the meeting location in Montreal, inform the person in charge of your arrival and, if necessary, to register the participant's medicines and luggage.

For safety reasons, when you come to pick up your camper, please have an ID at all times so that the person in charge can identify you quickly. In addition, a signature will be requested.

### Presence-absence

We will contact you about 1 week before the retreat to confirm the presence of your child. If you decide to cancel the reservation, you must do so at least 7 days before the retreat, 30 days in the case of the holiday camp.

**After this period you will not be refunded.**

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### Transport

**Exceptionally, for the 2020-2021 respites, there will be no transport, round trip between Montreal and the Center.**

The camper must come directly to the Notre-Dame-de-Fatima Center, located at 2464, boul. Perrot, Notre-Dame-de-L'Île-Perrot, (Qc) J7V 8P4, on his own, and do the same for the return home.



À L'ÉTAT *naturel*

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### Medications

To facilitate the management and administration of medicines, we ask you to follow these guidelines:

- Complete the "Medicine administration form" and return it with the medications at the camper's arrival at camp or bus. It is essential that medicines be hand-delivered to staff and not left in baggage.

**It is your responsibility to notify us of any changes in the camper's condition. This is especially important in the case of allergies or contagious diseases (like gastritis, chickenpox, lice, bedbugs, etc.)**

- Make sure the camper has the necessary doses of medication for the **entire stay**.
- Drugs must be replaced into their **original, well-identified containers** bearing the name of the camper, along with the drug name and dosage. Do not mix several medications in the same container **unless they are doses prepared by a pharmacist**.
- If the camper is required to wear a cochlear implant or hearing aids during their stay, please provide replacement batteries and provide device model numbers.
- Have ready-made doses for drugs, if possible.
- The coordinator is responsible for the safety of campers. The administration of medicines is strictly controlled and the hygiene of campers is a priority.

### Wardrobe

You will find enclosed a list of suggested clothing for the duration of the camper's stay. Please respect the suggested quantities and ensure that the camper is equipped with all the necessary effects (clothing, personal care items and medicines) for the duration of their stay or we will charge you for any laundry service (\$5 per washing) or purchase of items missing and deemed necessary for the well-being of the camper.

It is important to tailor the list of clothing to the expected weather conditions and the season.

**The camper's clothing and personal belongings must be properly identified.  
We are not responsible for lost or damaged items.**

### Bedding

Bedding is not provided, except for pillow and pillowcase. Please provide a sleeping bag. If the camper is incontinent, it would be best to provide them with two (2) sheets and two (2) blankets and disposable underwear if necessary.

### Medical exam

A medical examination is not mandatory. However, if you have any doubts about the health of the camper, we strongly suggest that you take them for a doctor's examination before leaving for camp. The camper must be in good health to participate in many of the activities offered by the camp.



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If the camper's health changes between the moment you complete the "Health File" and their admission to the camp, please notify camp management.

**It is not necessary to bring the camper's health insurance card.**

### Camper's revaluation / trial period

It is possible that we do a revaluation of the camper while he/she stays at the Centre, and the camper might be changed to another group without further notice. Extra charges may be applicable and billed to the parents or guardian.

After an absence of over 6 months, it is possible that the Centre asks for a revaluation of the camper and could, if judged necessary, refuse the registration of that camper.

For all new campers, the Centre can ask for a trial period of 3 respites, and if necessary, may refuse registration for further respites for that camper.

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### A 5 star resort

The Centre has been awarded 5 stars by Tourisme Québec. This means that it is: "A holiday centre of exceptional comfort with a splendid layout offering a multitude of services and amenities".

### The site and facilities

Located in Notre-Dame-de-l'Île-Perrot, on the shores of Lac St-Louis, the site offers all the assets of a holiday resort. On a vast 35-acre lot, campers enjoy 1 km of private land with a lake and a forest. All our buildings are equipped with alarm systems and are adapted to the needs of the hearing impaired campers or those with restricted mobility. However, no wheelchairs are accepted.

### Staff and management

A large number of people work together to ensure the safety, well-being and comfort of our campers. With 60 hours of training, the staff is energetic, responsible and highly competent. The staff ensures daily monitoring of the health and hygiene of campers and the administration of their medicines. Directors and coordinators form the management team ensure that the camps are always carefully and efficiently operated.

### Facilities that are unique and offer a wide variety of activities:

#### Year round :

Arts and crafts  
Ecology local and trail  
Stage and big top  
Multipurpose room  
Cafeteria

#### Spring, Summer, Fall :

Swimming pool  
Tree adventure trails  
Climbing wall, archery  
Canoeing, kayaking and rabaska  
Soccer field, fire area

#### Winter :

Tube sliding  
Cross-country skiing  
Snowshoeing  
Covered ice rink

### Typical schedule

7:30 – 7:55 am

Waking up!

2:10 – 3:10 pm

Structured activities



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8:00 – 8:55 am	Breakfast	3:10 – 3:20 pm	Snack
9:00 – 9:10 am	Assembly	3:30 – 4:20 pm	Structured activities
9:20 – 10:20 am	Structured activities	4:30 – 5:20 pm	Swimming (summer)
10:30 – 11:20 am	Structured activities	5 :30 – 6 :30 pm	Dinner
11:25 – 12:15 pm	Swimming (summer)	6 :50 – 7 :50 pm	Structured activities
12:30 – 1:05 pm	Lunch	8 :30 pm	Snack and bedtime
1:05 – 1:50 pm	Relaxation		

### Accommodations

Campers are accommodated in rooms of 4 people or less. They have access to full bathrooms and lounges for relaxation. The accommodation is non-mixed in the rooms, but the chalets can be mixed. Night surveillance is provided by a monitor.

### Food service

The menus are prepared carefully and take into account the food particularities of the campers. The menus are healthy and balanced. A normal day includes 3 meals and 2 snacks. The menus are approved by a nutritionist. Campers have access to several drinking water sources, which are provided by the aqueduct of the town of Notre-Dame-de-l'Île-Perrot.

### Communication

#### Deafness

Particular attention is paid to the communication needs of each camper. Our staff are trained in gestural, oralistic and other methods of communication.

#### Dysphasia

We understand the communication needs of dysphasic campers and that is why we specifically train our staff to communicate with dysphasic people, using pictograms (if necessary) and we make sure to adhere carefully to our schedules.



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