



# OVERNIGHT CAMP AND RESPITES

## PARENT'S GUIDE

2026 Edition

<b>CAMP ADDRESS :</b>	2464, Perrot boulevard Notre-Dame-de-l'Île-Perrot, (Québec) J7W 2Y9
<b>PHONE :</b>	<b>All year long</b> 514 453-7600 ext. 234
<b>PHONE :</b>	<b>Summer (June 28 to August 14)</b> 514 453-7600 ext. 234 (8 a.m. to 5 p.m.) 514 453-7600 ext. 227 (5 p.m. to 8 p.m.) leave message
<b>EMAIL :</b>	<a href="mailto:inscription@mon-camp.ca">inscription@mon-camp.ca</a> <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.

September to June (respites): the arrival is done in the cafeteria.

Summer camps: the arrival is done outside of the main building "La Ruche".

For safety reasons, when you come to pick up your camper, we ask you to add **a password to their file**. It's quicker because you only need to provide the password to the monitor upon departure. Choose a simple, easy-to-remember word known only to you. Otherwise, please always have a form of identification with you so the person in charge can quickly identify you. Additionally, a signature will be required.

### Presence-absence

We will contact you about 1 week before the retreat to confirm the presence of the camper. 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 summer camp**. After this period, you will not be refunded.

### Transport

Transportation, round-trip between Montreal and the Centre is available for each respite. In order to ensure that transportation proceeds smoothly, **a monitor is present on the bus**.

The Centre (or transportation company) bus will do its utmost to ensure that the scheduled pick-up and return times are as accurate as possible. On the other hand, the camp and the transportation company cannot be held liable for unforeseen events that may delay the bus, such as heavy traffic, construction or other obstacles.

#### In Montreal:

The meeting place is at the Maison des Sourds de Montréal (MDSM), located at 8141 rue de Bordeaux, Montréal (Qc) H2N 2N5. **Transportation fee: \$23 one way, 46.00\$ round trip.**

#### At the Centre Notre-Dame-de-Fatima:

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*Please arrive at least 15 minutes before scheduled time and do not leave the camper unattended. Transportation hours are indicated on the respite or overnight camp calendar. For certain camps, the hours may vary. The specific hours will be indicated upon confirmation via mail or email.*

**DELAY: An extra fee of \$10 will be charged for each 15 minutes of delay.**



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### Medications

#### Medication Administration Record – MANDATORY

New measures in effect – Medications during camp/respice hours

If your child/adult takes medication during camp and/or respice program hours, in order to comply with the new requirements of the **National Care Standards for community organizations and respice centres**, please read the following carefully:

#### Required Documents (as applicable to your child/adult)

- Contact your pharmacy to obtain the Medication Administration Record (MAR).
- Provide the MAR to the camp upon your arrival.
- Provide a new MAR whenever there is a change in medication.

#### Medications (as applicable to your child/adult)

- Provide medication in Dispill format if possible.
- Provide the necessary medication for the entire stay. It is imperative to hand all medications directly to staff and not leave them in luggage.
- Ensure that each medication (Dispill or non-Dispill) has a pharmacy label clearly identifying the child/adult, the medication name, dosage, route of administration, time of administration, and expiration date.
- Ensure that pharmacy labels include clear instructions for medication use.
- If the camper must wear a cochlear implant or hearing aids during their stay, please provide spare batteries and the device serial numbers.
- The coordinator is responsible for the safety of all campers. Medication administration is strictly controlled, and campers' hygiene is a priority.

It is your responsibility to inform us of any changes regarding the camper's health condition, particularly in cases of allergies or contagious illnesses.

### 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 all purchase of items missing and deemed necessary for the well-being of the camper. Additionally, please remember that there are risks (breakage, loss) associated with bringing valuable items to camp, such as cell phones, iPads, jewelry, etc. 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.**

### 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.



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### 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.

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.**

### Emergency contact person

It is absolutely necessary to have an emergency contact person designated in the camper's (child or adult) file.

- It is mandatory to identify a **"designated person"** with whom the management can communicate in case of emergency or for consultation. We must have at least one cell phone number and ideally a second number.
- This person **must be reachable at all times (24/7)** and ready to intervene if an emergency situation arises (illness, clinic or hospital visit, removal from camp, or any other incident).
- This person must be **available to provide transportation quickly** in case of early departure or be able to travel to a medical facility if necessary.
- If this information is not already in the camper's file currently, please notify us by email **before the camper's arrival for camp this summer.**

We understand that many of you take advantage of this camp week to take vacations and travel outside the city. However, it is your responsibility as a parent, guardian, or resource to ensure that someone else is the "designated person" in your absence.

Although we have a very safe camp environment and campers are in good hands, an incident, accident, disorganization, or natural phenomenon can occur quickly, and we want to be able to act quickly for the well-being of our campers.

### Electronic devices

The use of electronic devices such as cell phones, tablets, and gaming consoles is not prohibited at the Centre, but it is regulated to avoid conflicts and, above all, to ensure the safety of campers. The Centre reserves the right to revoke the permission to use and/or bring electronic devices if its rules in this regard are not followed. The use of these devices is supervised by the Centre's monitors.

- Electronic devices must always remain in the cabins or rooms.
- Ideally, SIM cards should be removed from devices to prevent inappropriate calls.
- Sharing or lending electronic devices between campers is prohibited.



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- Between 9:00 p.m. and 7:00 a.m., electronic devices must be stored away and inaccessible to the camper.
- If you wish to receive news about your child or adult, you can contact us and we will provide updates. If a camper wishes to contact their family/resource person, this will be possible through phones available at the Centre.

### 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 (may vary)

7:30 – 7:55 am	Waking upl	2:10 – 3:10 pm	Structured activities
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 pool
10:30 – 11:20 am	Structured activities	5 :30 – 6 :30 pm	Dinner
11:25 – 12:15 pm	Swimming pool	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 two monitors.

### 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



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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.

