

Information booklet for parents

Camp de jour

Patro de Fort-Coulonge/Mansfield

**Le
Patro**



A word from the coordinators

Dear parents,

We are soon starting the day camp for a new summer.

For some, this is a first experience among us and we are ready to make them live unforgettable experiences.

In order to ensure a smooth operation of the camp this summer, we ask you to read this information book very carefully and to share the operation and regulations of the camp with your children.

The information gathered in this booklet answers virtually any questions you may have about the camp as well as the changes made due to Covid-19.

If you have any further questions, we will be happy to answer them at 819-683-3347 or by email at gestion.patro@gmail.com

It only remains for us to wish you a good reading and a very nice summer among us!

Looking forward to meeting you soon,

Suzie Lavigne, Suzanne Dazé et Heidi Newberry.
Day Camp Coordinators.

Camp de jour du Patro de Fort-Coulonge/Mansfield

Day camp schedule:

Start: Monday, June 27, 2022, for 7 weeks

End: Friday, August 12, 2022

Please note that on Friday, July 1st the camp will be closed.

In addition, an additional week of childcare is offered for working parents.

Only 30 places are available for the week of childcare from 15 to 20 August 2022.

This week must be paid in advance in order to secure your child's place.

The fee is \$80 per child for the week.

Communication procedure

Do not hesitate to contact us if there is anything. The administrative coordinator of the day camp can be reached at any time during the day camp hours, 8 a.m. to 4 p.m. at 819-683-3347.

You can also communicate by email to gestion.patro@gmail.com or with a message on the Patro's Facebook.

Our team:

Administrative Coordinator: Suzie Lavigne Bélair

Executive Director: Suzanne Dazé

Camp Team Leader: Heidi Newberry

Day Camp Rules

Gathering points

- In the morning, the parent drops off the child and the instructor ensures that the child is on the attendance list.
- The child then joins his animator at the designated place.
- It is forbidden for parents to circulate on the grounds of the day camp without going through the reception.
- Bicycles must be stored in the designated location in the camp parking lot. It is strongly recommended to have a padlock, since we do not assume any responsibility for lost or stolen items, including bicycles.
- We ask parents to respect physical distancing between bubbles family at all times.

Dress code

As children move a lot during the day, it is important that they have comfortable clothes.

Highly suggested clothing

- Short
- Short-sleeved vest
- Attached espadrilles or sandals
- Cap and/or hat to protect from the sun
- Water shoe for swimming
- If it is cold, please modify the clothing so that your child will feel comfortable

Backpack of the perfect camper;

- Cold meal (lunch for dinner)
- 2 snacks
- Water bottle or gourd
- Swimsuit and towel
- Sunscreen
- Spare clothes

* Note that all the animators will have participated in a training to create and animate fun games while respecting the health instructions due to Covid-19.

HEALTH PROTOCOL (COVID-19)

Children with symptoms:

When a child has the following symptoms such as fever, severe fatigue, loss of smell or taste, significant loss of appetite, new or aggravated cough, shortness of breath, etc., the coordinator will follow the following protocols:

- the child, wearing a mask, is placed in isolation;
- A public health call 1-877-644-4545 to respect the instructions;
- A call to parents to pick up the child;
- Transmission of information to parents following the discussion with public health

The child will not be able to return to day camp until the coordinators receive a negative PCR test. Sanitary and distancing measures are followed.

The groups remains in a bubble and the play areas are disinfected after each use.

Prohibited material

- Skirts - dresses - Gougounes
- Clothing with negative or violent messages
- Short vests (bedaine types)
- Home games (cell phone, spinner, small car, etc.)

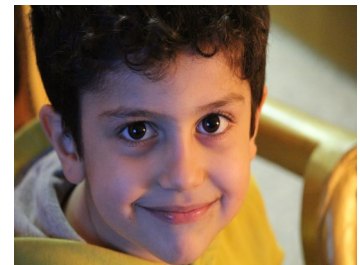
Summer Camp is not responsible for lost, stolen or damaged clothes or belongings.

We therefore ask you to identify your children's personal belongings.

CODE OF BEHAVIOUR OF THE REGISTERED CHILD

Now enrolled in the day camp and that I want to have fun in a healthy and safe climate, it is understood that:

- I listen and apply the instructions and rules of my animator.
- I stay with my animators and my group at all times.
- I am polite to the animators and friends of the camp.
- I actively participate in activities and have fun.
- I pay attention to the play equipment and that I use at the camp.
- I pick up my garbage and put it in the trash.
- I express myself calmly and look for non-violent solutions.



Which means that I am forbidden to ...

- **Hit others or fight with others**
- **Run away and have vulgar or inappropriate language;**
- **Shout names, throw objects, spit and break material;**

Intervention steps for a participant

1st Warning: Verbal

The coordinator calls the parents and explains the situation. The cooperation of the parents is requested.

2nd Warning: Written

The coordinator calls the parents, explains the situation and can suspend the child for a day at camp. On a warning sheet, he describes the child's behavior and it will be sent home to be signed by the parents and returned to the coordinator the next day.

3rd Warning: Written

The coordinator calls the parents, explains the situation and suspends the child for a week of day camp, without any refund. On a warning sheet, he describes the child's behaviour and it will be sent home to be signed by the parent and returned to the coordinator.

4e Warning

The coordinator contacts the parents to permanently expel the child from day camp for the rest of the summer without any refund.

The child may lose his or her registration fee for the following summer.

Dinner and snacks

Each group dines with its animator either from 11:30 to 12:00 or 12:00 to 12:30 depending on the age group.

The child must bring a cold lunch with an "Ice Pack" or buy his dinner at the canteen. You can take note of the menu on the next page.

During the day 2 periods are reserved for snacks. The child can bring his snacks or make the purchase at the canteen.

For allergy reasons, we do not allow the exchange or sharing of food as well as food with traces of peanuts or nuts.

Dinners purchased in the canteen:

The child gives his order to his animator at 9am in the morning.

The animator makes sure to collect the money and hands over the order of his children to the camp leader who gives everything to the cook.

Dinner is then picked up by the animator who brings it to his group. The child has access to the canteen only at break times to buy snacks.

The child is responsible for throwing his waste in the carbage bin and recycling the recyclable products. Bins will be on site and identified to sort them.

Hydration:

Animators are informed of the importance of proper hydration. They plan breaks where participants will go to drink water. Particular attention will be paid during periods of heat wave. It is important that all participants have a bottle of water.



MENU

Menu of the week

Monday: "Lunchables" house \$5

Macaroni and cheese \$5

Tuesday: Chicken Wrap \$5

Grilled cheese \$3

Wednesday: "Lunchable" house \$5

Hamburger \$3

Cheese Burger \$3.25

Thursday: Chicken wrap \$5

BLT Sandwich \$3.50

Friday: 1 slice of pizza \$3

2 slices of pizza \$5

Other: Slush house \$2

Gatorade \$2.50

Mr Freeze \$1

Homemade muffin \$1.50

Ice Cream Cone \$2

Various lunchables: (mini sandwich, homemade pizza roll, crackers, cheese, pasta salad, fresh vegetable, fresh fruit, homemade dip, small sweet biscuit or jello)

Chicken wrap: (boiled chicken with lettuce, cheese and ranch salad sauce, accompanied by fruit)

Macaroni and cheese: (cooked in a saucepan with real cheese, accompanied by vegetables and fruits)

BLT: (sandwich with fresh bacon, tomatoes and lettuce, accompanied by fruit)

Departure control

The departure is controlled to ensure the safety of the participants

Only persons on the attendance list are allowed to leave with the child.

If someone other than those on the list needs to pick up your child, you must notify us. We will refuse to let your child go with anyone who is not on the list. In addition, it is essential to have an identity document.

You must send us a note, email or call us when your child misses one or more days at day camp.

Procedures in case of delay or absence.

- It is of great importance that the arrival and departure times (8:45 am and 3:45 pm) are respected unless you are registered at the daycare that starts at 7:30 am in the morning and ends at 5 pm in the evenings.
- A fee of \$5 per child, per 15 minutes, will be charged for delays after 5pm. These fees are payable immediately.

Childcare

Places reserved for children registered in advance when registering to the day camp

Childcare schedule

Start: June 27, for 7 weeks

Morning: 7:30 am to 9:00 am

Evening: 15:45 to 17:00

Child care will be offered for the week of August 15 to 20 to accommodate working parents. 30 places are available.

Arrivals in the morning:

- ***All children must come to the reception in order to give their presence. The parent must inform of any change of person who picks up the child in the evening to ensure the safety of the child.***
- ***The parent must sign the attendance sheet in the evening before leaving.***
- ***If you have not picked up the child, the coordinator will call the number indicated on the attendance card to receive your instructions.***
- ***A fee of \$5 per child, per 15 minutes, will be charged for delays after 5pm. These fees are payable immediately.***
- ***A child who is expelled from day camp is also removed from daycare.***
- ***We invite parents to provide snacks for children who will stay at the day-care.***

Hygiene policy

Covid-19

Upon arrival, the children are sent to the water station in order to wash your hands.

After each activity, the children return to the water station in order to wash your hands.

Before dinner, children wash their hands and after dinner before returned to an activity.

Before returning to the reception for the departure of the late afternoon, the children wash their hands at the water station.

Protection from the sun

- The camp asks parents that the sunscreen is already applied to the child when they arrive at the camp and that they bring an identifying tube of sunscreen for another application during the day.
- For safety and hygiene reasons, each participant smears himself with cream.
- It is advisable to show your child how to properly apply sunscreen and ask them to apply it before they go to camp in the morning.
- Due to allergies, the day camp does not provide sunscreen to participants.
- Whenever possible, groups are placed in the shade during an activity. In addition, wearing a cap or hat is recommended.

Regulations when swimming

- The Patro site is located on the bank of the Ottawa River and swimming is in the river.
- Seat belts are mandatory when children are swimming in the river. Seat belts are provided by the camp.
- A monitor will accompany children who do not have experience in the water to ensure their safety.

Campers must comply with the following safety rules:

- Follow the supervisor's instructions
- Ensure that the life jacket is securely fastened
- Wait for supervisors to allow access to water
- Get out of the water immediately when swimming is over
- Stay in the perimeter identified for swimming

It is prohibited to:

- Run on grass and docks
- Push, bicker or fight
- Dive into the shallow part
- Bring food into the water

Use of the springboard:

- The child must know how to swim well
- Wait until the person who has just jumped is out of danger before jumping in turn.
- Just make a jump on the springboard

A participant who does not respect the instructions may be prohibited from the activity.

Description of the activities offered

Icebreaker games, knowledge games

Group activities that allow participants to learn their names, get to know each other better, create a group spirit and develop a sense of belonging.

Sports and sports games

An activity where physical skills are required and developed. Baseball, soccer, basketball, volleyball, BMX bike, skateboarding and ball hockey.

Cooperative games

Activities that require little or no equipment and are easily adaptable depending on the age or number of participants. Activity that develops meaning, that play with sounds, smells, textures. These games are used during the day camp several times in order to teach the children team games.

Plastic arts, DIY

Activities that develop creativity in children using different techniques and materials. The activity involves working with scissors, glue, cardboard, paint and any other materials that could be used to make different creations. A nice way to handle different materials.

Dance

Artistic activities where participants express themselves with their bodies by learning choreographic movements following a rhythm to the sound of music.

Theatre

A fun activity that helps children express themselves, develop their imagination and talent to create friendships and let loose. Young people will be able to create costumes and simply have fun with the other campers.

Aquatic

A relaxing activity on the water either by canoe, kayak or paddle board. Safety first with a seat belt and competent animators. This activity helps to tone and muscle the whole body and teaches participants good discipline.

Singing

Singing is a great way to animate children. It makes them more comfortable, makes them move and makes them laugh. A great way to develop the child's vocabulary and work on the memory. The camp uses singing in the morning at the rally, during the day and in the evening at the departure gathering.

Reading

Moments of sharing in peace. An activity that develops the vocabulary and imagination of the child. Reading is a positive time on the child's life and it is a beautiful way to discover words.

Excursion in the forest

The Patro trails are a safe and fun place where children learn about nature and animals in the forests. Various activities are organized to raise children's awareness of the importance of respect for nature.

Did you know that:

- The Patro is the only outdoor camp located on the shore of the Ottawa River with a water slide!
- The Patro is a non-profit organization!
- More than 18 students are hired to animate your children!
- The Patro exists for more than 35 years in the community of Fort-Coulonge and Mansfield and that it was founded to get your children moving with sport and social activities!
- More than 650 hours per year of volunteering ensures that we can offer our beautiful activities!
- The Patro has a trail of more than 9 km that turns into a cross-country ski trail in winter and that ski and snowshoe rental is available on the premises!
- The Patro has three cottages for rent and a dormitory for a family holiday!
- The Patro has a sugar shack and we have maple syrup for sale!
- Every year we offer a fishing lesson to children over 9 years old to obtain a fishing license valid until the age of 18!
- Without the help of our donors and different programs and donors, the Patro could not offer so many activities!

Patro is an organism that is supported
by its community.
Thank you for being there!

