

# The Ten Commandments of Our Sports Camps

## 1. Camp equipment

Make sure your child brings (in their backpack) the following each day:

- A lunch and 2 snacks.
- Appropriate clothing for practicing sports indoors and outdoors.
- Sports shoes (with a good sole) and cotton socks.
- A bathing suit and a towel.
- A hat or cap for sun protection.
- Sunscreen (protection 30 minimum).
- A bottle of water and/or fruit juice.

Please identify the clothes and objects belonging to your child and leave valuables at home. All valuables will be confiscated and returned at the end of the day. Loisirs Sportifs CDN-NDG is not responsible for lost, stolen or broken items.

## 4. Sunscreen and medications

Please apply sunscreen to your child every morning before departure. Camp monitors are not authorized to apply sunscreen to children. They will have to apply it by themselves.

No medication may be given to children without the written consent of the parents. Only drugs prescribed by the doctor can be administered at the camp. These drugs must be given to us in their original container from the pharmacist.

**State of health:** If your child is sick before arriving at camp, please keep them at home. If your child falls ill at camp, you will be notified by phone to come and pick him up.

## 2. Programming and outings

The program of camp activities will be given to you each week. Groups will have to depart at specific times on the day of the outing. You will also be given information about each outing. It will be important to be at camp on time.

## 3. Food

Your child will need to bring their lunch and two snacks each day. We do not have access to refrigerators, so please put an "ice pack" in his lunch box.

As a precaution, it is forbidden to include the following foods in lunch boxes: eggs, peanuts, nuts and seafood. Some of our campers have very severe food allergies.

## 5. Discipline



Camp management reserves the right to refuse or expel any child who acts in a dangerous or aggressive manner towards themselves, other children, staff or camp property.

If a child has serious behavioral problems, a meeting will be scheduled between the coordination, the person in charge and the parent in order to reach an intervention agreement regarding the child.

If thereafter, there is no improvement in the child's behavior, the camp will be obliged to dismiss him. The remaining fees will be refunded to the parents, according to our current refund policy.

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## 6. Departure procedures

If you told us in your client file that your child could not leave alone at the end of the camp, the following terms will apply:

- the people designated in your client file pick up their child(ren) at 4:00 p.m., if your child is not registered in the childcare service.
- if a child is registered in the daycare service, the designated persons must pick him up between 4:00 p.m. and 5:30 p.m.
- children who leave alone leave at 4:00 p.m.
- if for certain reasons a child must leave alone earlier, he cannot do so without the written authorization of the parents or guardians who will indicate the time at which he must leave.
- If a person not named in your client file must pick up your child, you must notify the camp and/or daycare staff in writing.
- written permissions are required. If we do not receive written authorization, we will keep the child until we reach the parent or the person designated in your client file.

## 9. Camps sites

LOISIRS SPORTIFS CDN-NDG offers two (2) summer sports camps with a maximum combined capacity of 250 places:

- **Côte-des-Neiges Sports Center**  
4880 Van Horne avenue, Montreal, H3W 1J3
- **Petit-Chapiteau School**  
4890 Carton avenue, Montreal, H3W 1G7

### CONTACT

info@loisirssportifscdn-ndg.com / 514-342-9988

## 7. Late fees

Parents must call us to let us know they are late. If parents pick up their child after 5:30 p.m., they will have to pay late fees:

- \$5.00 for the first 15 minutes.
- \$1.00 per additional minute.

Parents will need to sign a late form with the monitor, including the child's name, time and date. The form will be given to the coordination who will follow up for payment.

## 8. RL-24 slips

Adding your social insurance number to your client file is mandatory in order to be able to generate a RL-24 slip for your taxes.

This statement will be accessible and downloadable from your online client file no later than the end of February of the following year.

It is your responsibility to correctly enter your complete address in your client file and to update your address when you move.

## 10. Questions & Comments

If you have any questions or comments about the camp, do not hesitate to contact the day camp coordinator:

Mrs Marlène Bédard  
(514) 342-9988 ext. 231  
mbedard@loisirssportifscdndg.com

