

# CERTIFICATION STANDARDS MANUAL



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#### **NOTES**

The term "camp" in the following document refers to the following five certified programs: sleepaway camp, day camp, nature class / discovery class, family camp and group programs:

• SC: Sleepaway camp

DC: Day camp

• NC/DC: Nature class/discovery class

FC: Family campGP: Group hosting

The generic terms "camper" and "participant" are used interchangeably.

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# **CERTIFICATION STANDARDS MANUAL**

ASSOCIATION DES CAMPS DU QUÉBEC

#### **THANKS**

The Association des camps du Québec thanks the Membership Commission for the time, energy and ambition its members have devoted to reviewing the ACQ certification program. This committee, representative of our membership, was mandated by the Board of Directors to carry out this work, which was completed in two stages, the first in 2005 and the second in 2019. Some members of the Commission participated in both phases.

Thanks to this methodical and sometimes complex work, we are now able to provide camp managers with a certification program that will contribute to a safe, high-quality service offering and help maintain the excellent reputation that certified organizations and businesses enjoy in the eyes of the general public.

We extend our thanks to the following people who have made up the Membership Commission over time:

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Éric Beauchemin, Executive Director Tanya Desrochers, Program Coordinator Yan D'amours, Development Officer Chloé Melançon-Beauséjour, Communications Coordinator Anne-Frédérique Morin, Assistant Executive Director

#### Other collaborators:

Linda Corbeil Geneviève Jourdain

The Association des camps du Québec also thanks its member camps and certification consultants, whose constructive comments over the last few years have helped us enhance the standards.

# **I** CONTENTS

Preface	6
Glossary	7
Objectives and definitions	9
Weighting	11
Prerequisites for certification	
Section 1: Programming	16
Section 2: Site and physical resources	20
<b>Section 3:</b> Managing administrative information and communications	28
Section 4: Human resources	34
Section 5: Safety and emergency measures	45
Section 6: Health and well-being	55
Section 7: Healthy lifestyle	62
Section 8: C.I.T. program standards	67

### PREFACE

This version of the certification program of the Association des camps du Québec (ACQ¹) is published in a demanding context: camp programs are constantly developing, camp environments are diversifying, client expectations are growing, legislative requirements are increasing, the leisure market is expanding, and quality seals in various sectors are proliferating.

In order to respond to various concerns, to maintain its credibility in terms of high quality and safety standards, and to unequivocally assert its leadership, the ACQ has reviewed all standards related to the certification process for its members and its related tools. As a result, the ACQ Certification Standards Manual - 2023 Edition is attuned to the current context, where prevention and safety management are key issues for all those concerned with the quality of program services in sleepaway camps, day camps, nature classes/discovery classes, and family and group camps.

The process has involved evaluating existing standards, developing relevant standards and revising their weighting. Secondly, the work focused on the development and adaptation of support tools.

The ACQ is now able to present Québec camps with a model that encourages membership, presents simple standards (easy to implement for members and easy to measure for consultants), and is accompanied by clear references to the laws, regulations and standards of competent authorities.



<sup>&</sup>lt;sup>1</sup> To lighten the text, the abbreviation ACQ will be used throughout the document to designate the Association des camps du Québec.

## I GLOSSARY

#### **ACCIDENT**

Unpredictable, unfortunate event causing significant impact and damage (e.g. sprain, fracture).

#### **AILMENT / MALAISE**

Unpleasant mental or physical sensation (e.g., fainting, stomach ache).

#### **ASSISTANT COUNSELLOR**

An assistant counsellor offers support to a counsellor without being responsible for a participant or a group of participants, or for conducting a specialized activity.

#### **ATTENDANT**

A person whose main function is to provide support, offer care or manage specific interventions for one or more participants with special needs.

#### **CAMP COORDINATOR**

An employee whose role is to directly supervise employees in the field or to manage camp services or other operational activities. This employee implements strategies and actions on behalf of management.

#### CAMP DIRECTOR/CAMP MANAGER

A person whose main function is the management and general administration of the organization.

**Note:** In some organizations, the camp manager may also be in charge of other duties (e.g. programming, human resources, operations).

#### **CLIENT**

Person or entity that pays to receive a product or a service from an organization or a company.

#### **CONTROLLED SITE**

Space outside the main site, but where attendance is regular or occasional, and where infrastructures are developed by the camp or by the owner of the site.

#### **COUNSELLOR**

A counsellor's main responsibility is the supervision, security, management and animation of a group of participants.

#### **EXCURSION**

Activity within a camp's programming in which a group of participants moves to a controlled site over a period of one or more nights away from the regular accommodation. Camps must comply with the prescribed staffing ratios for this type of activity.

#### **EXPEDITION**

Program or activity within a camp's programming in which a group of participants travels outside controlled camp sites over a period of one or more nights away from the camp's permanent site. The group of campers can be mobile from one site to another. Campers can travel by motorized transport, bicycle, canoe, horseback, sailboat, etc. Camps must comply with the prescribed staffing ratios for this type of activity.

#### **FAMILY**

A group of persons consisting of adults with or without children who are related or are in a relationship, marriage or otherwise.

#### **GROUP**

A set of people sharing goals and interests.

#### **HEALTH CARE ATTENDANT**

A person whose main function is the management of health care at the camp. This person can occupy another function as long as this does not prevent them from intervening quickly and effectively.

#### **HIGH-RISK ACTIVITY**

Any activity in which participants may have their personal safety compromised because of the nature of the activity itself, the environment in which it takes place or the equipment used.

#### INCIDENT

Unwanted fortuitous event causing minor impact and damage (e.g., delay or interruption, theft).

#### **NIGHT WATCH**

Monitoring and intervention task during participants' sleeping time.

#### **OUTING**

A one-off activity in programming during which a group of participants travels outside the camp site for a period not exceeding one day outdoors (without sleeping over). Camps must comply with the prescribed staffing ratios for this type of activity.

#### **PROGRAMMING**

A set of activities planned and linked to each other to meet the organization's objectives and fulfil its mission.

#### **SELF-COOKING**

Preparing meals using own food and equipment made available, without using the services of the organization.

#### **SENIORITY**

An employee's level of experience based on the number of seasons spent in a camp serving an organization.

#### **SERVICE**

A set of professional activities and benefits available to a clientele, such as food services, lodging or rental of activity sets, equipment, material and supplies.

#### SPECIALIST/INSTRUCTOR

A person whose main function is the leading of a specific activity. They may also be responsible for management of the activity set (equipment, repair and monitoring).

#### **STAY**

The specified period during which a participant is active or resides in an organized setting.

#### **SUBCONTRACTOR**

Provider of services offered to complement or support regular programming. The designation also covers contractors responsible for cooking or housekeeping, specialized entertainment providers (e.g. English school, affiliated equestrian centre), and all owners of controlled sites used by the company as part of its activities. Note that a self-employed worker hired by the camp is considered as a subcontractor.

## I OBJECTIVES AND DEFINITIONS

The ACQ brings together organizations that offer vacation programs or school trips to promote the socio-educational values inherent in group life, education and our relationship with the environment. Through its certification program, the ACQ's mandate is to:

- Certify programs that receive various clientèles in a vacation context by verifying their compliance with certification standards
- Provide support to camps in their preparation and management so that they meet deadlines and comply with the requirements for meeting certification standards

#### **OBJECTIVES OF ACQ CERTIFICATION**

The ACQ certifies organizations that offer one or more of the following five recognized camp programs: sleepaway camp program, day camp program, nature class/discovery class program, family camp program and group program. Certification of camp programs by the ACQ has many objectives that concern both clients and camp management.

#### Objectives that benefit clients:

- Ensure customer safety
- Ensure the quality of programs and services offered by certified camps
- Ensure the development of individual values and skills in the clientèle
- Deal with certified camps that demonstrate professionalism

Objectives that benefit **management of camps** offering one or more of programs recognized by the ACQ:

- · Serve as a stepping-stone to enable them to reach a higher level of expertise, skills and knowledge
- Serve as a privileged means of offering high-quality services to their clientele
- Obtain the necessary support for effective management that focuses on service quality and safety management
- Allow camps to increase their credibility and improve their public image by the seal of quality afforded by certification

# I DEFINITIONS RELATED TO ACQ CERTIFICATION

In all programs certified by the ACQ, participants are looked after by trained personnel who supervise and / or run, with the aid of appropriate equipment, activities that promote group life and the overall development of the person in a vacation, school, outdoor, recreational or other context.

Five programs are recognized that relate either to specific clienteles or to different operational modalities.

#### **SLEEPAWAY CAMP**

Sleepaway camps offer participants a stay that includes educational and recreational programming, **with overnight accommodation**. Whatever the orientation, specialization or environment, the structure is adapted to the clientele and the activities carried out.

#### DAY CAMP

Day camps offer participants daily educational and recreational programming, **without overnight accommodation**. Whatever the orientation, specialization or environment, the structure is adapted to the clientele and the activities carried out.

#### **GROUP PROGRAM**

Group programs offers a structure and services tailored to the needs of the clientele, with or without accommodation. Programming may be conducted under complete supervision or independently practiced according to the needs of the clientele.

**Exclusion**: services offered without correspondence with the mission of the organization, i.e. the renting of facilities without animation.

#### **FAMILY CAMP**

Family camps offer families a structure and services tailored to the needs of their clientele, **with overnight accommodation**. Programming includes educational and recreational individual and family activities for all ages, both structured and free. Supervision is shared between camp staff and the clientele, depending on the type of service offered.

#### NATURE CLASS/DISCOVERY CLASS PROGRAM

A **nature class** offers school groups one or more days of programming, with or without accommodation, in a natural or outdoor-activity environment. The usual names of the different nature class camps according to the seasons are as follows:

Fall: red campWinter: white campSpring: green camp

A **discovery class** camp takes place in a different, often urban environment, focusing on a cultural, sporting, artistic, scientific or historical aspect.

In both cases, the program is an educational and recreational experience marked by its complementarity with preschool, school and extracurricular programs as defined by the school.

## **I** WEIGHTING

LStandards are divided into two broad categories. Safety standards make up the first category, while the second category consists of standards for quality of experience. Each of these categories is weighted according to two levels: no exception possible, and mandatory.

The diagram below shows the weighting:

#### **STANDARDS CATEGORIES**

SA	FETY	QUALITY OF EXPERIENCE			
S!	S	O;	Q.		
No exception	Mandatory	No exception	Mandatory		
PĮ	ERMITTED NUMBER OF UNM	ET APPLICABLE STANDA	ARDS		
0	Max 2	0	Max 2		
No exemption possible	Correction deadline: 10 days	No exemption possible	Correction deadline October 1		

#### **LEGEND**

TOOLS: 🥕

NEW IN 2023: 🏠

# I PREREQUISITIES FOR CERTIFICATION

An organization wishing to offer one or more high-quality, safe camp programs must ensure compliance with certain requirements that take precedence over the conduct of any activity or service.

The prerequisites stipulated by the ACQ arise out of statutory obligations (laws or regulations) or standards deemed necessary before certification can be granted.

IMPORTANT: The ACQ asks its members, at the time of annual membership renewal, to confirm a list of prerequisites essential to certification. These prerequisites must be respected for each certified program.

The ACQ may, upon request, require supporting evidence of these prerequisites if necessary, and compulsorily prior to the verification visit carried out every three years.

#### **☆ 1. CAMP MAIN SITE**

#### 1.1. VACATION CENTRE

The camp offering accommodation holds a Tourist Québec classification certificate issued by the Quebec Tourism Industry Corporation.

#### **MEANS OF VERIFICATION**

> Most recent letter of attestation of classification



#### 1.2. CAMP NOT OWNING A SITE

Le camp non propriétaire détient un contrat de location des espaces utilisés avec le propriétaire du site. L'entente de location précise les services offerts et les espaces utilisés pour une durée déterminée.

#### MOYEN(S) DE VÉRIFICATION

> Entente écrite ou contrat



#### 2. INSURANCE COVERING PROGRAMMED ACTIVITIES

Camp management maintains the following insurance: civil liability of a minimum of \$5 million, premises, goods and operations, non-owner automobiles.

These policies must cover all camp activities, both inside and outside the insured premises. The entities covered by the insurance are the camp, employees, volunteers, directors, and managers, without exclusion for participants.

#### **MEANS OF VERIFICATION**

> Insurance certificate or camp insurance policy



#### 3. KITCHEN INSPECTION REPORT

Management of a camp operating a food service must have a copy of the most recent kitchen inspection report.

The camp ensures compliance with the hygiene and health training requirements of the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ) regarding its kitchen staff.

If the camp uses an external food service, management must have a written certificate confirming that the subcontractor complies with MAPAQ requirements.

#### **MEANS OF VERIFICATION**

- > MAPAQ's latest inspection report for the camp kitchen or written confirmation from the subcontractor
- > Name of the manager trained by MAPAQ for the organization



#### ☆ 4. DRINKING WATER

Camp management respects the Québec government's Regulation respecting the quality of drinking water. The operator of the drinking water network holds a recognized qualification certificate.

In seasonal networks, the first test results must be known before water is served to staff members, campers or customers.

Note: Camps that are connected to the public municipal water supply are exempt from this requirement.

#### **MEANS OF VERIFICATION**

- > Operator's certificate of qualification
- > Results of drinking water tests



#### ☆ 5. BATHING WATER

#### 5.1. 5.1. BEACH

Camps that operate a beach must be registered in the beach-environment program of the Ministère du Développement durable, de l'Environnement et de la Lutte aux changements climatiques and must have the results of an analysis before the beach is opened.

#### **MEANS OF VERIFICATION**

> Certification from the beach-environment program or bathing water test results. Appropriate information telling users whether water quality allows swimming must be posted, indicating whether the beach is open or closed.



#### **5.2 SWIMMING POOL**

Camp management operating a swimming pool must perform the necessary water tests to comply with the *Regulation respecting water quality in swimming pools and other artificial pools.* 

#### **MEANS OF VERIFICATION**

> > Register of bathing water tests



#### 6. RATIO AND TRAINING REQUIRED BY THE CNESST

Camp management must have, for every 50 employees, one designated person acting as a first-aider in the workplace. This person must have completed a minimum of 16 hours of first aid and CPR training from the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST).

#### **MEANS OF VERIFICATION**

> Valid certification of first aid in the workplace



#### **☆ 7. STANDARDS TRAINING AND CERTIFICATION VISIT**

Upon taking office or during the year of the visit, camp management undergoes training on certification standards and their application prior to the consultant's visit.

#### **MEANS OF VERIFICATION**

> Attestation or written confirmation of ACQ training





# PROGRAMMING

Programming is a crucial part of the camp. Driven by the mission and the objectives of the camp, it provides a structured framework for the realization of activities, taking both elements of time and the environment of implementation into account.

#### 1.1 MISSION AND OBJECTIVES OF THE CAMP

Camp management carries out a program based on a clear mission from which general objectives are derived. These elements are presented in a written document known to staff.

The mission reflects the basic intent of the camp and focuses on:

- Target clientele
- Means
- · Realization environment
- Values

Recreational, educational and inclusive general objectives are focused on types of specific client needs that camp management wants to meet:

- Entertainment and pleasure
- Personal development and self-realization
- Socialization
- · Skills development

- > Document to present: Mission Statement and General Objectives
- > Exchanges with management and camp counsellors



0	Sleepaway camp	ED	YES○ NO○ N/A○
BLE TO	Day camp	PPLI	YES○ NO○ N/A○
გ	Nature class/discovery class	RD A	YES○ NO○ N/A○
APPLI	Family camp	ANDA	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

#### ☆ 1.2 DESCRIPTION OF PROGRAMS AND STAYS OFFERED

Camp management keeps a written document containing a description of typical stays offered. Activity programs are consistent with general objectives and are adapted to participants' abilities.

Camp management ensures that activity programs evolve with the age of the participants in order to give them a meaningful experience of progress, challenges and success.

The content of this document must be known to staff.

#### **MEANS OF VERIFICATION**

- Presentation of a document that includes a description of activity programs and typical stays offered
- > Question: In what ways is the content of this document sent to staff? Examples of answers: the document is given to staff, the document is available at all times, the content of the document is transmitted as part of staff training, etc.





#### ☆ 1.3 ACTIVITY GUIDE AND DESCRIPTIVE SHEETS

Camp management has a written document containing a description of all the activities offered. The content of this document must be known to staff. The description of each activity includes the following elements, including high-risk activities offered (see Standard 5.2):

- Definition of the activity
- Specific objectives pursued
- Safety rules
- Performance conditions
- Necessary equipment
- Gradation or difficulty levels
- Possible variants
- Consideration of the potential and aspirations of people living with special needs

Camp management ensures that activities are structured and planned in writing. An activity planning sheet is available for this purpose.

Camp management uses an approach that encourages participants to learn in its activities. To achieve this, camp counsellors use different facilitation techniques and teaching methods.

NOTE: If an activity is offered by a third party, management makes sure to obtain an educational sheet on the activity.

#### **MEANS OF VERIFICATION**

- > Documents to be presented: a few activity planning sheets
- > Visual assessment
- > Exchanges with management and camp counsellors



0	Sleepaway camp	ED	YES○ NO○ N/A○
LE T	Day camp	\PP[]	YES○ NO○ N/A○
PPLICABI	Nature class/discovery class	RD A	YES○ NO○ N/A○
\PPL	Family camp	TANDAI	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○



#### 1.4 TYPICAL SCHEDULES

Camp management owns and uses a standard schedule for all age groups covering general objectives and specific activities offered. It also ensures that the programming offers an intensity that respects the participants' rhythm and gives them a significant experience of progress, challenges and success.

Camp management also provides alternative programming in case of rain or bad weather.

#### **MEANS OF VERIFICATION**

- > Documents to present: typical schedule for a stay and typical schedule for a rainy day
- > Exchanges with management staff



0	Sleepaway camp		YES○ NO○ N/A○
Ë	Day camp	\PPLI	YES○ NO○ N/A○
ICAB	Nature class/discovery class	RD /	YES○ NO○ N/A○
\PPL	Family camp	TANDA	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

₹1.4 PROGRAM TABLES BEST ₹PRACTICE GUIDE

#### 1.5 PARTICIPANT TRACKING SYSTEM

The camp has a system for locating each group of participants over the programmed periods. Camp maps or a map of the site are also available.

	CATEGORY	0	Sleepaway camp	ED	YES○ NO○ N/A○
	Safety	E E	Day camp	\PPL	YES○ NO○ N/A○
	J	ICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○
<b>U</b> .	LEVEL	PPL	Family camp	NDA	YES○ NO○ N/A○
	Manuatory	4	Group hosting	STA	YES○ NO○ N/A○

₹1.5 1.5 PARTICIPANT TRACKING SYSTEM \$\ BEST PRACTICE GUIDE

# 2 THE SITE AND PHYSICAL RESOURCES

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The camp's physical resources are an integral part of the camp experience and contribute to the richness of this experience, playing an important role in the safety of all those present on the site (campers, clients and staff).

#### 2.1 PROGRAM SPACES

#### 2.1.1. OUTDOOR AREAS

The camp must have sufficient outdoor spaces for the number of participants and the holding of its activities.

#### **MEANS OF VERIFICATION**

- > Inventory form of the camp's outdoor areas
- > Visual assessment of available outdoor spaces according to groups and activities



Sleepaway camp	ED	YES O NO O N/A O
Day camp	ANDARD APPLI	YES○ NO○ N/A○
Nature class/discovery class		YES○ NO○ N/A○
Family camp		YES○ NO○ N/A○
Group hosting	STA	YES○ NO○ N/A○
	Day camp  Nature class/discovery class  Family camp	Day camp  Nature class/discovery class  Family camp



#### 2.1.2 INDOOR SPACES

The camp has sufficient indoor space for the number of participants and the conduct of activities in case of bad weather. These spaces may be non-permanent installations such as tents, inner courtyards or permanent shelters.

- > Inventory form of the camp's interior spaces
- > Visual assessment of interior spaces available according to groups and activities



0	Sleepaway camp	ED	YES○ NO○ N/A○
E I	Day camp	APPL	YES○ NO○ N/A○
ICABLE	Nature class/discovery class	۵	YES○ NO○ N/A○
\PPL	Family camp	TANDAR	YES○ NO○ N/A○
	Group hosting	STA	YES○ NO○ N/A○



#### 2.2 LIGHTING

The following indoor and outdoor accesses are lit in the evening and at night:

- · Health centre
- Accommodation buildings
- Sanitary block

#### **MEANS OF VERIFICATION**

> Visual assessment



0	Sleepaway camp		YES○ NO○ N/A○
E	Day camp	PPL	YES O NOO N/AO
ICABI	Nature class/discovery class	ARD A	YES○ NO○ N/A○
\PPL	Family camp	ANDA	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

#### 2.3 SERVICE AREAS

The camp has accessible service areas on the main site:

- Toilets
- Sinks
- Drinking fountain (or access to drinking water)
- Storage space for participants' belongings and required equipment

#### **MEANS OF VERIFICATION**

> Visual assessment of available facilities



N.	Sleepaway camp	ED	YES○ NO○ N/A○
E P0	Day camp	APPLI	YES○ NO○ N/A○
ABLI	Nature class/discovery class	ARD A	YES○ NO○ N/A○
DLIC	Family camp	TANDA	YES○ NO○ N/A○
ΑF	Group hosting	ST/	YES○ NO○ N/A○

#### ☆ 2.4 VERIFICATION OF SAFETY AND FIRE PROTECTION SYSTEMS

Camp management ensures the maintenance and annual inspection of all fire protection systems in its buildings so that they are in constant working order.

A camp renting a site must ensure that the owner carries out this check annually.

Moreover, camp management conducts a monthly verification of emergency lighting systems to ensure they are always operational.

A camp renting a site must ensure that the owner carries out this check annually.

A camp that offers tent accommodation must ensure the safety of the premises with regard to fire protection.

- Fire extinguishers and/or water buckets near the fire
- For tents with auxiliary heating system (wood, butane, propane or other), CO detector and fire extinguisher required in the tent

#### FIRE PROTECTION SYSTEMS REQUIRING PROPER MAINTENANCE AND INSPECTION

- Smoke detectors
- Carbon monoxide detectors
- Fire alarm systems
- Fire extinguishers
- Annual cleaning of wood stoves, fireplaces and chimneys

#### **MEANS OF VERIFICATION**

- > Model form duly completed by inspectors or copies of certificates issued by inspectors
- Visual assessment of labels or stickers affixed to fire protection systems



0	Sleepaway camp		YES○ NO○ N/A○
LE T	Day camp	APPLI	YES○ NO○ N/A○
ICABL	Nature class/discovery class	e R	YES○ NO○ N/A○
\PPL	Family camp	TANDAI	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

2.4 SECURITY AND FIRE SYSTEM CHECK FORM

#### 2.5 BUILDINGS, ACTIVITY SITES AND EQUIPMENT VERIFICATION

Camp management ensures that the buildings, activity sites and equipment used are inspected and functional at the beginning of the season before their use.

In addition, the camp has a system of periodic checks of damages and repairs to be made. One person is responsible for monitoring the checks carried out.

This check form must contain the following information:

- Nature of the problem observed
- Follow-up or repair to be done
- · Repair done
- Person responsible
- · Signature and date of the repair

#### **MEANS OF VERIFICATION**

- > Written procedure concerning the maintenance routine
- > Fully completed form
- Visual assessment of sites



₹2.5 FICATION FORM - BUILDINGS, ACTIVITY SITES AND EQUIPMENT ₹BEST PRACTICE GUIDE

#### 2.6 QUANTITY AND QUALITY OF EQUIPMENT

The camp has the number of items of equipment required for each activity. Equipment is suitable for the age of participants and in good condition.

- > Visual assessment of available equipment
- > > Verification of equipment used during activities: visual assessment
- > Discussions on MEANS OF VERIFICATION of equipment for replacement



#### 2.7 MAINTENANCE OF SANITARY SPACES AND PREMISES

Camp management ensures that sanitary spaces and premises are functional and clean during activity periods. Camp management has a written maintenance routine that includes the following:

- Role of the person responsible for maintenance
- Period and frequency of maintenance
- List of tasks to be performed by the person responsible for maintenance

#### **MEANS OF VERIFICATION**

- > Visual assessment of the cleanliness of the premises
- > Written procedure for the maintenance of spaces and premises





#### 2.8 CONTROLLED SITE AGREEMENT - NON-OWNER

A camp that uses programming spaces outside its main site that meet the definition of controlled site must ensure that these spaces have adequate safe infrastructure.

The camp has a written agreement on the sharing of roles, duties and responsibilities with each owner or organization that owns or manages the controlled site used.

The written agreement relates to one or more of the following:

- Catering
- Transport
- Communications
- Health and hygiene
- Animation and supervision
- Insurance coverage
- Emergency response procedure
- Other items as appropriate (equipment, storage methods and maintenance, etc.)

- > Document to be presented to the consultant: copy of written agreements made with the various organizations that own or manage the sites used.
- > A letter, a service contract or an exchange of emails may serve as proof that an agreement has been reached between the camp and the owner or the organization that owns or manages the controlled site used.



0	Sleepaway camp	ED	YES O NO O N/A O
LE T	Day camp	APPLI	YES○ NO○ N/A○
ICABI	Nature class/discovery class	_	YES○ NO○ N/A○
\PPL	Family camp	TANDAR	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

2.8 AGREEMENT TEMPLATE BEST PRACTICE GUIDE

#### ☆ 2.9 COMPLIANCE OF POOL OR BEACH - OPERATOR AND NOW-OWNER

A camp that regularly uses a pool or beach as part of its program, whether it operated by the camp or by a third party, must make sure to:

- provide the following items to the consultant or have an attestation of compliance or a written agreement with the manager of the pool or beach enabling it to check:
  - certification compliance of lifeguards
  - accessibility of water tests
  - check sheet of safety equipment specified in the Regulation respecting safety in public baths, chapter B-1.1, r-11.

#### **MEANS OF VERIFICATION**

- > Document to be presented to the consultant: If you are the operator of the pool or beach: copies of lifeguard certifications, results of tests of bathing water quality conducted, completed check sheet of required safety equipment or copy of written agreements signed with each owner or organization that owns or manages the sites used.
- > A letter, a service contract or an exchange of e-mails may prove that an agreement has been reached between the camp and the owner or the organization that owns or manages the controlled site used.



APPLICABLE TO	Sleepaway camp	STANDARD APPLIED	YESO NOO N/AO
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○

₹2.9 COMPLIANCE CERTIFICATE FORM - MONITORING AND QUALITY OF BATHING WATER FLEGAL INDEX

#### 2.10 BEFORE AND AFTER CAMP PROGRAMS

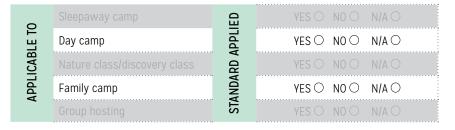
Camps that offer pre-camp and after-hours care or a drop-in daycare centre must ensure that the premises, equipment and materials used are functional and clean:

- Service areas nearby
- Communication system
- First-aid kit
- Equipment and material suited to the age and needs of participants (e.g. changing table)
- · Safe storage of equipment, materials and toxic products

#### **MEANS OF VERIFICATION**

> Visual assessment of layout and cleanlines







#### 2.11 CONTROL PROCEDURE FOR SITE AND VISITORS

The camp puts in place a method adapted to the particularities of its site to ensure the safety of the participants and to control the presence of visitors.

Among the means put in place are found:

- Parking and reception indications
- Site boundaries
- Motor vehicle traffic zones and permitted speed
- Visitor control procedure including information provided to staff regarding attitude to visitors

- > Visual assessment
- > Discussion about the means put in place on the site

C	<b>CATEGORY</b> Safety
<b>J.</b>	<b>LEVEL</b> Mandatory

Sleepaway camp  Day camp  Nature class/discovery class  Family camp	Sleepaway camp	PPLIED	YES O NO O N/A O
	Day camp		YES○ NO○ N/A○
	RD A	YES○ NO○ N/A○	
	YES○ NO○ N/A○		
	Group hosting	ST/	YES○ NO○ N/A○



#### 2.12 SELF-COOKING EQUIPMENT

If the camp allows self-cooking, management ensures that refrigeration, preparation, cooking and service facilities are provided for this purpose. There must be enough equipment for users and in good condition. In addition, the camp sends out a list of equipment available, as well as the operating procedures, maintenance and sanitation in effect.

- > Visual assessment of the list of self-cooking equipment provided
- > Written rules for use, maintenance and sanitation (posters, instruction booklet, usage labels, etc.)



APPLI	Family camp  Group hosting	TANDA	YES○ NO○ N/A○ YES○ NO○ N/A○
ICABLE TO	Nature class/discovery class	RD APPL	YES O NO O N/A O
	Day camp		YES O NO O N/A O
0	Sleepaway camp	ED	YES O NO O N/A O





# 3 ADMINISTRATIVE INFORMATION AND COMMUNICATIONS

In order to obtain certification for one or more of the programs recognized by the Association des camps du Québec, the camp must first ensure that certain administrative tools are put in place that demonstrate both compliance with safety standards and the quality of the experience offered to different clienteles.

#### 3.1 PARTICIPANT REGISTRATION

Camp management must have a written agreement for each client (contract, registration form). The information may be written or entered on electronic records that are accessible at any time. The following elements must be included in this agreement:

- Client's name and address
- Dates of stay or session
- Registration or reservation fees and applicable taxes
- Payment conditions
- · Refund policy
- Signature of parent or mandataries
- · Authorization to take pictures or videos

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: standard participant registration form



#### OUTTOBER REGISTRATION TORTY & ELEGAL INDEX

#### 3.2 AGREEMENT WITH SCHOOLS, GROUPS OR FAMILIES

**3.2.1** A camp that offers nature classes, family camps or group hosting has a written agreement (contract) for each client. This information may be written or entered on electronic records that are accessible at any time.

The following elements must be included in this agreement:

- Client's name and address
- · Identification of site manager
- Description of services
- Rules and policies applicable to the stay
- Dates of stay (arrival and departure times)
- · Responsibilities for obtaining permits if necessary (e.g. fishing)
- Applicable fees and taxes
- · Payment conditions
- · Refund policy
- Signature of parties
- Commitment of parties

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: standard registration form for schools, groups or families.



\$\mathcal{F}\$ 3.2 MODEL CONTRACT 
\$\mathcal{F}\$ LEGAL INDEX \$\mathcal{F}\$ BEST PRACTICE GUIDE

#### **☆ 3.3 SPECIFIC INFORMATION TO BE PROVIDED**

#### 3.3.1 NATURE CLASS/DISCOVERY CLASS AND GROUP PROGRAMS

**Before arrival or on arrival at camp** (with or without accommodation): teachers or guides must provide the camp with, or have in hand, a list of participants who are affected by specific restrictions (allergies, asthma, diabetes, physical or intellectual disability, etc.) that may affect participation in activities or nature of the interventions of the camp personnel with the concerned participants (clause of the contract).

**With accommodation:** the camp requests that the teachers or guides have a health record for each participant (clause of the contract).

**If applicable:** if teams have to be formed beforehand, camp management asks the teachers or guides to provide a list of participants in each team.

#### 3.3.2 FAMILY CAMP

**Before the beginning of the stay:** the person responsible for each family must provide the camp with a list of the names of family members who are affected by specific restrictions (allergies, asthma, diabetes, physical or intellectual disability, etc.) that may affect participation in activities or the nature of interventions by camp staff with the participants concerned (clause of the contract).

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: copy of the service contract (customer agreement) used.



₹3.2 CONTRACT MODEL ₹3.3 SPECIFIC INFORMATION COLLECTION FORM £LEGAL INDEX

#### 3.4 PROCEDURE FOR ANALYZING REQUESTS FOR ACCOMMODATIONS OR ASSISTANCE

Camp management has a procedure for analyzing requests for accommodations or assistance. This procedure lists the steps in analyzing the participant's profile or needs.

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: Written procedure for analyzing requests



₹3.4 REQUEST ANALYSIS PROCESS ₹TOWARD SUCCESSFUL INTEGRATION

#### 3.5 INFORMATION PROVIDED TO THE PARTICIPANT-CLIENT

Before the beginning of the stay or session, the camp will make available written information on the following elements depending on the context of the program:

- · List of personal effects to bring or clothing required
- Required and prohibited material
- Code of conduct and/or internal regulations regarding expected behaviour
- · Daily, weekly or whole-session schedule
- Conditions for transport of participants to the camp (if applicable)
- Reminder of arrival and departure times
- Directions to the camp
- Procedure in case of delay or absence
- · Instructions concerning medication, if applicable
- Contact details of the camp and the person in charge in case of emergency

Camp management also makes available, prior to the stay, any specific information necessary for the smooth running of the chosen specialized program.

#### **MEANS OF VERIFICATION**

- > Document to be presented to the consultant: inventory of the means of communication used to inform the various clienteles of all relevant information before the program begins.
- > Check if the information is actually available to the client before the stay.

CATEGORY	0	Sleepaway camp		YES○ NO○ N/A○	
Quality	E 1	Day camp	\PPL	YES○ NO○ N/A○	
	ICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○	
LEVEL Mandatory	bbl	Family camp	NDA	YES○ NO○ N/A○	
Manuatory		Group hosting	ST/	YES○ NO○ N/A○	
₹3.5 INFORMATION SENT TO THE PARTICIPANT/CLIENT  BEST PRACTICE GUIDE					

# 3.6 HEALTH RECORD

Camp management has a health record for each participant and each staff member. This record is accessible to the health care manager at all times. The health record contains at least the elements presented in the table below.

ELEMENTS OF THE HEALTH RECORD	SC	DC	FC*	STAFF
Name, contact information and date of birth	Χ	Χ	Χ	Х
Date of stay and name of program, if applicable	Χ	Χ		
Name and contact details of parents or guardian	Χ	Χ	Χ	
Name and contact information of two additional emergency contacts (specify relationship to participant)	Х	Х		X
Medical information on the participant: Medical history $\cdot$ Surgical procedures $\cdot$ Serious injuries $\cdot$ Chronic or recurrent diseases $\cdot$ Contagious diseases	Χ	Χ		
Allergies, asthma, diabetes	Χ	Χ	Χ	Χ
If applicable: Dosage of prescription drugs to be administered during the stay	Χ	Χ		
Other special remarks, for example: Urinary incontinence · Sleepwalking · Special diet · Motricity problems · Behaviour problems	Х	Х		
If applicable : request for authorization to administer the following types of over-the-counter medications: Acetaminophen • Ibuprofen • Antiemetic • Antihistamine • Anti-inflammatory • Cough syrup • Antibiotic cream • Homeopathic products	Χ	Х		
Note indicating that the parent or guardian is responsible for transmitting to the camp any new medical information that has occurred between the date the record was completed and the date of arrival at camp	Х	Х		
Emergency intervention consent form	Χ	Χ		
Signature of a parent (or guardian) if the person is a minor	Χ	Χ		

<sup>\*</sup>FC: Information to be passed on to camp counsellors when they take charge of a minor.

#### **MEANS OF VERIFICATION**

- > Copy of a participant's health record
- > opy of a staff member's health record



#### ☆ 3.7 LOGO ON ALL PROMOTIONAL COMMUNICATIONS

The camp affixes the "Certified Camp" certification logo granted by the ACQ on the camp's flyers and on any promotional or advertising communication (website, social media, television or radio advertising, newspapers, posters, etc.).

In addition, the certificate issued by the ACQ must be displayed for the customer, at the office or at the reception desk.

NOTE: This standard does not apply to camps on the route to certification

#### **MEANS OF VERIFICATION**

- > Consultation of the camp's website before the visit
- > Document to be presented to the consultant: inventory of promotional tools used



#### LEGAL INDEX

# 3.8 ACCURACY OF PROMOTIONAL INFORMATION AS A REFLECTION OF SERVICES AND PROGRAMS OFFERED

Camp management ensures that the information contained in all its promotional tools accurately reflects the activities offered and the equipment available. The information disseminated is accurate and updated as needed, in line with the development of the offer.

- > Document to be presented to the consultant: inventory of promotional tools used
- > Visual assessment: the consultant checks that the activities and equipment advertised match the actual offering and accessibility at the camp site



APPLICABLE TO	Sleepaway camp		YES○ NO○ N/A○
	Day camp	APPL	YES○ NO○ N/A○
	Nature class/discovery class	STANDARD A	YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○

#### 3.9 COMPLAINT HANDLING POLICY

Camp management relies on a written policy and known procedures to deal with complaints effectively, to follow up as necessary and to carry out concrete actions that may be required as a result.

This policy includes:

- · camp commitments in terms of customer service
- name of the complaints manager (or committee)
- steps and processing times (response, follow-up)
- · example of a form to record a written trail

- > Document to be presented to the consultant: complaint handling policy and tools developed
- > Discussions on the systematic steps of dealing with a complaint



APPLICABLE TO	Sleepaway camp	TANDARD APPLIED	YES○ NO○ N/A○
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	STA	YES○ NO○ N/A○
	_		





# **4** HUMAN RESOURCES

The quality of staff is the main determinant of the quality of the camp and is a priority in the search for excellence.

The many responsibilities entrusted to camp counsellors and other staff members mean that a structured approach to camp job requirements is necessary.

The quality of services and the safety of practices are based on several aspects of human resources, including staff training, maturity and experience, and management quality.

#### **△ 4.1 CAMP MANAGEMENT COMPETENCIES**

The person who supervises camp programs has the necessary skills to coach staff and supervise programs under their responsibility. This person has academic training in a related discipline or relevant camp experience.

#### **MEANS OF VERIFICATION**

The certification consultant may require documents certifying the required skills:

- > Resumé
- > Letter of attestation from the authorities concerned, for example, board of directors, ACQ, director of service (human resources, general secretariat, etc.)



APPLICABLE TO	Sleepaway camp	STANDARD APPLIED	YES○ NO○ N/A○
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○



#### 4.2 COORDINATION STAFF SKILLS

Coordinating staff have significant experience related to their duties and have received relevant training. This training can be taken externally (e.g. DAFA coordinator training) or internally, and must be a minimum of seven hours. It must cover the following elements:

- · Role, responsibilities and ethics
- Staff scheduling and supervision
- · Risk management, camp standards and internal procedures
- · Customer service and complaint handling

#### **MEANS OF VERIFICATION**

- > Training plan or training certificate in coordination
- > Discussion with coordinating staff



APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	APPL	YES○ NO○ N/A○
	Nature class/discovery class	STANDARD A	YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○



#### **☆ 4.3 COMPETENCIES OF SITE AND/OR DAYCARE MANAGER**

Camp management designates one site and/or daycare manager per site, with at least two years of experience as a counsellor or any other experience deemed appropriate. A counsellor can take on this responsibility.

#### **MEANS OF VERIFICATION**

> Discussion with the respondent about their role and responsibilities



APPLICABLE TO	Sleepaway camp	STANDARD APPLIED	YES○ NO○ N/A○
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○
¥		STAI	

4.3 ROLE AND RESPONSIBILITY OF SITE

Depending on the type of program (with or without accommodation), the camp retains the services of camp counsellors (in direct contact with participants) who hold:

- Secondary 4: camp program without accommodation
- Secondary 5: camp program with accommodation

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: list of staff members



APPLICABLE TO	Sleepaway camp	STANDARD APPLIED	YES O NO O N/A O
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○



#### 4.5 STAFF/PARTICIPANT AGE DIFFERENCE

Each camp counsellor is at least three years older than the oldest of the minor participants for whom they are responsible, with the exception of clients with special needs.

#### **MEANS OF VERIFICATION**

> List of staff and discussion on the allocation of groups of participants



APPLICABLE TO	Sleepaway camp	STANDARD APPLIED	YES○ NO○ N/A○
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○



#### **☆ 4.6 SKILLS REQUIRED OF A SPECIALIST/INSTRUCTOR**

The camp hires specialists/instructors (activity managers) who have specific training or skills related to the activity or the specialized nature of the assigned function.

- > Document to be presented to the consultant: list of staff members
- > Copies of certifications or other certificates if applicable



APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	ANDARD APPLI	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	STA	YES○ NO○ N/A○



## 4.7 SKILLS REQUIRED OF AN ASSISTANT COUNSELLOR

Camp management hires the services of assistant camp counsellors (paid or volunteer) who hold:

Secondary 3

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: list of staff members



APPLICABLE TO	Sleepaway camp		YES○ NO○ N/A○
	Day camp	STANDARD APPL	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○



#### 4.8 SELECTION AND FEEDBACK PROCESS

Camp management sets up a structured selection process for hiring staff. It also ensures that feedback is maintained with all hired staff and records employee performance ratings on the job.

- > Discussion on the methods used
- > Verification of tools used: interview grids, questionnaires, simulation exercises, evaluation scale, observation rounds, notes on file



APPLICABLE TO	Sleepaway camp		YES○ NO○ N/A○
	Day camp	ANDARD APPL	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○



Camp management conducts a criminal background check of all staff members (leadership, facilitation and support) at the time of hiring and every three years thereafter.

It requires a sworn statement from staff members whose background checks were not done during the year. This certificate may be the subject of a form or clause in the employment contract.

#### **MEANS OF VERIFICATION**

- > Documents to be presented:
  - Evidence of a criminal background check or sworn statement from staff whose record has not been checked during the year according to the cycle prescribed by the standard
  - Memorandum of understanding for criminal background checks
  - Form of attestation on honour or clause of the contract



4.9 JUDICIAL RECORD CHECK FORM LEGAL INDEX

## 4.10 EMPLOYMENT CONTRACT

Camp management hires staff on the basis of a written contract signed by both parties or a certificate of employment.

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: employment contract model used or example of proof of employment



4.10 EMPLOYMENT CONTRACT TEMPLATE FLEGAL INDEX

Camp management has detailed job descriptions that each staff member has been made aware of at the time of hiring.

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: job descriptions of the various positions.



APPLICABLE TO	Sleepaway camp		YES○ NO○ N/A○
	Day camp	\PPL	YES○ NO○ N/A○
	Nature class/discovery class	STANDARD A	YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting		YES○ NO○ N/A○

**★**BEST PRACTICE GUIDE **★**LEGAL INDEX

## 4.12 CODE OF ETHICS

Camp management adopts a code of ethics that sets out the values, attitudes, and professional behaviours expected of camp staff. This code of ethics is presented to the staff before the beginning of their contract.

#### **MEANS OF VERIFICATION**

- > Document to be presented to the consultant: staff code of ethics
- > Discussions on the presentation of the code of ethics to staff



#4.10 EMPLOYMENT CONTRACT TEMPLATE 
#BEST PRACTICE GUIDE 
#LEGAL INDEX

## ☆ 4.13 TRAINING OF CAMP COUNSELLORS

Full training of any counsellor is mandatory in their first year of employment with a camp depending on the type of program offered. The necessary training requirements are presented in the table below.

PRIOR TO TAKING UP DUTIES	SC	DC	FC	NC-GP
Basic contents (theoretical DAFA or equivalent offered by the organization)	33	33	17	0
Specific	20	10	16	10

Integration on the site	7	7	7	7
HAVING STARTED WORK				
Continuous training	-	-	-	3
TOTAL NUMBER OF HOURS	60	50	40	20

**N.B.**: First Aid certifications are not included in training hours.

#### **BASIC CONTENT**

• Basic content of the *Diplôme d'aptitude aux fonctions d'animateur* (DAFA) (Counsellor's Qualification Diploma) or equivalent provided by the camp

#### **SPECIFIC CONTENT**

Specific content related to the mission, activities and programs offered

#### INTEGRATION ON THE SITE

- General integration into the camp: 1 hr (orientation visit of the site)
- Integration specific to the job: 1 hr (visit of activity set, management of equipment/material, specific instructions on sequence of events, etc.)
- Routines of operation (daycare, meals, travel, hygiene, outings, etc.) 2 hrs
- Safety and prevention, rules and emergency measures: 2 hrs (policies and procedures, evacuation zones and supervision techniques for emergency situations, etc.)
- Team life: 1 hr (code of ethics and code of conduct, teamwork activity, etc.)

#### **CONTINUOUS EDUCATION**

- Information capsules
- Development activities

Camp counsellors who are in their second year or more at the camp may be exempt from basic content.

#### **MEANS OF VERIFICATION**

The camp is able to provide the certification consultant with a written training outline that includes:

- > Training objectives
- > Training content and breakdown in hours
- > Training activities selected



## 4.14 TRAINING EQUIVALENCIES

Complete training of any member of the staff is mandatory in their first year in as a camp counsellor.

However, camp management may grant equivalence to a counsellor who has relevant camp experience or training relevant to the job. Hours of integration on the site (7 hours) are however mandatory, with no equivalence possible.

For each employee whose equivalences are recognized, an equivalence justification table must be completed.

#### **MEANS OF VERIFICATION**

> Document(s) to present to the consultant: table of equivalences granted



0	Sleepaway camp	ED	YES○ NO○ N/A○
APPLICABLE TO	Day camp	TANDARD APPLI	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○



## **☆ 4.15 TRAINING OF ASSISTANT CAMP COUNSELLORS, SPECIALISTS/INSTRUCTORS**

Assistant camp counsellors and specialists/instructors must complete annual integration training on the camp site at least once a year.

#### INTEGRATION ON THE SITE

- General integration into the camp: 1 hr (orientation visit of the site)
- Integration specific to the job: 1 hr (visit of activity set, management of equipment/material, specific instructions on sequence of events, etc.)
- Routines of operation (daycare, meals, travel, hygiene, outings, etc.) 2 hrs
- Safety and prevention, rules and emergency measures: 2 hrs (policies and procedures, evacuation zones and supervision techniques for emergency situations, etc.)
- Team life: 1 hr (code of ethics and code of conduct, teamwork activity, etc.)



APPLICABLE TO	Sleepaway camp		YES○ NO○ N/A○
	Day camp	APPLI	YES○ NO○ N/A○
	Nature class/discovery class	FANDARD A	YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

## 4.16 TRAINING OF ATTENDANTS

Attendants must attend the annual and at least the integration training on the camp site as well as three hours of specialized training for attendants.

#### ATTENDANCE TRAINING

Three hours of awareness by a specialized organization or the equivalent offered by the camp.

#### INTEGRATION ON THE SITE

- General integration into the camp: 1 hr (orientation visit of the site)
- Integration specific to the job: 1 hr (visit of activity set, management of equipment/material, specific instructions on sequence of events, etc.)
- Routines of operation (daycare, meals, travel, hygiene, outings, etc.) 2 hrs
- Safety and prevention, rules and emergency measures: 2 hrs (policies and procedures, evacuation zones and supervision techniques for emergency situations, etc.)
- Team life: 1 hr (code of ethics and code of conduct, teamwork activity, etc.)



APPLICABLE TO	Sleepaway camp	ED	YES O NO O N/A O
	Day camp	PPL	YES○ NO○ N/A○
	Nature class/discovery class	TANDARD A	YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○



4.13 TRAINING PLAN MODEL TOWARD SUCCESSFUL INTEGRATION

## 4.17 RATIOS ON THE CAMP SITE

The camp has a sufficient number of camp counsellors to ensure that the counsellor/participant ratio complies with the standards below.

AGES	SLEEPAWAY CAMPS	DAY CAMP	NATURE CLASS/ DISCOVERY CLASS	FAMILY CAMP	GROUP PROGRAM
9 MONTHS - 3 YEARS				1/4	
3 - 4	1/5	1/8		1/8	
5 - 6	1/6	1/10		1/10	1/15
7 - 8	1/7	1/12	1/15	1/10	
9 - 11	1/8		1/15	1/15	
12 - 14	1/9	1/15		1/15	1/20
15 - 17	1/10			1/18	

When a group is made up of participants of different ages, the supervision ratio must take into account the age of the youngest child.

Supervision ratios applicable in adapted camps will vary according to the degree of autonomy of participants and their capacity to perform daily tasks as described in the table below:

ELEMENTS TO BE ASSESSED	DEGREE OF INDEPENDENCE	RATIOS
Ability to move	Constant supervision and assistance	1/1
Ability to take care of oneself physically and eat independently	Partial supervision and assistance	1/3 à 1/5
Ability to participate in activities	Minimal supervision and assistance	1/6 à 1/8



APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	ANDARD APPLI	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

## 4.18 RATIOS IN SPECIFIC CONTEXTS

The camp has a sufficient number of camp counsellors to ensure that the counsellor/participant ratio in the following specific contexts meets the standards below.

- · A staff member cannot be alone with a group in daycare. An assistant counsellor or a member of security staff can be considered.
- A staff member cannot be alone with a group on a trip or excursion. An assistant counsellor can be considered.
- staff member cannot be alone with a group on an expedition. In no circumstances may an assistant counsellor be considered.

AGES	BEFORE AND AFTER CAMP PROGRAMS	FAMILY CAMP (PARENTS-CHILDREN ACTIVITIES)	EXPEDITION	EXCURSION	OUTING						
3 - 4				1/4	1/6						
5 - 6		1/40	1/40							1/5	1/7
7 - 8	1/20			1/3	1/6	1/8					
9 - 11	1/20			1/4	1/7	1/10					
12 - 14			1/5	1/8	1/12						
15 - 17			1/6	1/9	1/12						
18 AND OVER			1/0	1/12	1/15						



0	Sleepaway camp		YES○ NO○ N/A○
E 1	Day camp	APPLI	YES○ NO○ N/A○
ICABI	Nature class/discovery class	``	YES○ NO○ N/A○
\PPL	Family camp	TANDAR	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

N/A ○
N/A ○
N/A ○
N/A ○
N/A ○

## 4.19 FIRST-AID TRAINING AND RATIOS

The camp must have staff trained in first aid and CPR in accordance with the following ratios. These first-aiders must have valid training certificates.

SLEEPAWAY CAMP	DAY CAMP	NATURE CLASS/ DISCOVERY CLASS	FAMILY CAMP	GROUP PROGRAMS
	1/25 children		1 firs	t aider/camp site

#### MINIMUM TRAINING OF FIRST-AID WORKERS: First aid and CPR: 8 hours

- > Certificate of first aid training for trained staff
- > Number of first-aiders present at the camp (reference: staff list)

	CATECODY	0	0	Sleepaway camp		YES○ NO○	
CATEGORY Safety		E 1	Day camp	PPLI	YES○ NO○		
		CAB	ICAB	Nature class/discovery class	RD A	YES○ NO○	
LEVEL No exemption	\PPL	\PPL	Family camp	ANDA	YES○ NO○		
	No exemption	No exemption	4	Group hosting	ST/	YES○ NO○	





# **5 SAFETY AND EMERGENCY MEASURES**

The camp puts in place preventive and intervention measures to prevent emergencies or to react appropriately in such cases.

It is imperative that safety rules and intervention plans be accessible at all times and known to all staff members.

## **☆ 5.1 AGREEMENTS WITH SUBCONTRACTORS AND SELF-EMPLOYED WORKERS**

The camp has a written agreement with subcontractors and self-employed workers who offer activities for the camp. This agreement includes the following elements:

- Roles and responsibilities of the parties
- \$2 million public liability insurance coverage of all subcontracted activities not covered by the camp's public liability insurance.
- Activity educational sheet: Description of the activity, objectives, rules, equipment supplied or required, etc.

#### **MEANS OF VERIFICATION**

> Documents to be submitted to the consultant: agreements with subcontractors accompanied by insurance proof or certificates.



0	Sleepaway camp	ED	YES○ NO○ N/A○
LE T	Day camp	\PP[]	YES○ NO○ N/A○
ICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○
\PPL	Family camp	IANDAI	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

2.8 AGREEMENT TEMPLATE

## **☆ 5.2 SECURITY PROCEDURES AND RULES FOR HIGH-RISK ACTIVITIES**

The camp defines conditions of all high-risk activities (water activities, climbing, archery, horse riding, etc.). These activities are included in activity guide described in Standard 1.3. The content of this document is known to camp counsellors and available to them at all times.

The camp refers to the preventive measures suggested in Camp Emergencies and adopts safety rules for activities not described in the tool.

> Document to be presented to the consultant: activity guide, standard 1.3



**1** 5.2 HIGH-RISK ACTIVITY SHEETS **1** CAMP EMERGENCIES

## ☆ 5.3 SAFETY SIGNS

For every high-risk activity, the camp has weather-resistant signs that are sufficiently large to be easily seen on the activity set and/or in the room. These signs summarize the main execution conditions and safety rules as suggested in *Camp Emergencies*. In the absence of rules in the tool, the camp adopts specific rules.

#### **MEANS OF VERIFICATION**

> Visual assessment of posters



CAMP EMERGENCIES

## 5.4 PREVENTION OF VIOLENCE, BULLYING AND HARASSMENT

The camp has and implements a written policy of prevention and intervention aimed at countering violence in all its forms and promoting the full respect of persons in body and mind.

This policy includes the following:

- Means of control and procedures applicable at the time of selection and hiring (reference requirements, interview questions, etc.)
- Planned training and information activities (internal policies, rules and code of behaviour known to staff)
- Identification of risk situations related to programming and implementation of appropriate prevention procedures
- Emergency response procedures in case of abuse

> Documents à présenter au consultant : politique écrite de prévention de la violence au camp et tout autre document de soutien servant à appliquer la politique





## 5.5 CODE OF CONDUCT

The camp has and applies a code of conduct that stipulates expected behaviour at the camp. This code of conduct is communicated to customers and participants before the camp. Consequences are established in the event of a breach of the code of conduct and are presented in a written document available for consultation.

#### **MEANS OF VERIFICATION**

- > Document to be presented to the consultant: camp code of conduct
- > Discussion with staff on the implementation of the code of conduct



5.5 EXAMPLE OF CODE OF CONDUCT 
GUIDE FOR HARMONIOUS RELATIONSHIPS AT CAMP

## **5.6 MANAGEMENT PRESENCE ON SITE**

Camp management or its mandatary ensures that a staff member is present on camp at all times, properly trained and ready to respond in an emergency situation.

The camp must specify to the customer who this person is, and where and how to contact them (place of accommodation, communication system).

- > Exchanges and discussion with management staff.
- > Questions about nighttime operation, low season, etc.

0	Sleepaway camp	ED	YES○ NO○ N/A○
LE T	Day camp	APPLI	YES○ NO○ N/A○
ICABI	Nature class/discovery class	۵	YES○ NO○ N/A○
\PPLI	Family camp	TANDAR	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

## **5.7 MEANS OF COMMUNICATION**

The camp has a communication system and a procedure known to staff that allows them to contact management in case of emergency.

This standard also applies to outings, excursions and expeditions.

#### **MEANS OF VERIFICATION**

> Exchanges and discussion with management and camp counsellors on the means and tools of communication.



0	Sleepaway camp	ED	YES○ NO○ N/A○
LE T	Day camp	APPLI	YES○ NO○ N/A○
ICAB	Nature class/discovery class	e R	YES○ NO○ N/A○
\PPL	Family camp	IANDAI	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

## **5.8 ATTENDANCE VERIFICATION**

Camp management has a written attendance verification policy adapted to the different activity contexts. This policy must be developed taking into account the following environments and activities:

- · Camp main site
- · Aquatic and nautical activities
- Moving around
- Outings, excursions and expeditions
- Daycare service in day camps

To be included in this policy:

- Names of those responsible for attendance and absences
- Frequency and timing of checking attendance
- Procedures, tools and means used (attendance lists, roll calls, etc.)
- Procedure when a participant is absent or missing during attendance check

- > Document to be presented to the consultant: written policy and control tools designed by the camp
- > Exchanges: camp management explains the attendance control procedure according to the different environments and activities.
- > Possible confirmation with camp counsellors
- > Visual assessment



0	Sleepaway camp	ED	YES O NO O N/A O
E 1	Day camp	APPLI	YES○ NO○ N/A○
PPLICABLE	Nature class/discovery class		YES○ NO○ N/A○
\PPL	Family camp	IANDAR	YES○ NO○ N/A○
1	Group hosting	STA	YES O NO O N/A O



#### **5.9 SAFETY DURING TRAVEL AND TRANSPORTATION**

The camp has and implements a safety policy for travel and transportation, including safety rules, specific procedures and the emergency measures to be adopted according to the means of transport and the types of travel of participants and staff. This policy is written and made available to staff.

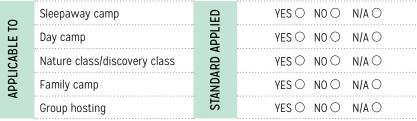
The travel safety policy includes the following for all types of travel (walking, cycling, transit, car, taxi, bus):

- Roles and responsibilities of camp counsellors
- Safety rules
- Instructions on supervision
- Participant management techniques during wait times
- Procedures for crossing the street and boarding/disembarking
- Procedures specific to the type of travel and the context (urban, forest, etc.)
- Emergency measures

#### **MEANS OF VERIFICATION**

> Documents to present to the consultant: travel safety policy and any other supporting document used to implement the policy





## **5.10 SWIMMING SAFETY POLICY**

Camp management has a written swimming safety policy that includes the following for all types of swimming (swimming pool, beach, waterslides and water activities). The content of this document must be known to staff.

- · Roles and responsibilities of camp counsellors
- Safety rules
- · Instructions on supervision
- · Participant management techniques at the pool or at the beach
- Swimming skills assessment procedures
- Procedures in case of missing child
- Emergency measures (in collaboration with lifeguards)

#### **MEANS OF VERIFICATION**

- > Documents to be presented to the consultant: swimming safety policy and tools developed by the camp
- > Explanation of procedures by camp management and lifeguards
- > Possible confirmation with camp counsellors
- > Visual assessment



₹5.10 SWIMMING SAFETY POLICY ₹CAMP EMERGENCIES ₹SAFE MANAGEMENT OF CHILDREN IN AQUATIC ENVIRONMENTS

## **5.11 WEARING THE PFD**

The wearing of a suitably sized personal flotation device (PFD) in nautical crafts is mandatory for both participants and staff both outside and inside the swimming areas.

- > Instructions in writing on safety rules and signs
- > Visual assessment

CATEGORY	0	Sleepaway camp		YES○ NO○ N/A○
Safety	LE 1	Day camp	\PP[]	YES○ NO○ N/A○
	ICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○
LEVEL Mandatory	APPL	Family camp	INDA	YES○ NO○ N/A○
Manuatory		Group hosting	STA	YES○ NO○ N/A○

## **5.12 USING THE SERVICES OF A CARRIER**

In the event that the camp retains the services of a private carrier, the camp shall ensure that it holds a copy of the carrier's licence or permit number and its expiry date as issued by the Commission des transports du Québec.

#### **MEANS OF VERIFICATION**

> Document to be submitted to the consultant: copy of the carrier's permit or permit number and its expiry date as issued by the Commission des transports du Québec, or certificate of the carrier bound to a school board.



0	Sleepaway camp	ED	YES○ NO○ N/A○
LE T	Day camp	\PP[]	YES○ NO○ N/A○
ICABI	Nature class/discovery class	RD A	YES○ NO○ N/A○
\PPL	Family camp	NDA	YES○ NO○ N/A○
	Group hosting	STA	YES○ NO○ N/A○

## **5.13 SAFETY IN TRANSPORT PROVIDED BY THE CAMP**

If the camp provides transport for participants and staff in a vehicle or nautical craft belonging to or rented by the camp, it must ensure that the drivers of these vehicles have a driving licence valid for the type of vehicle used.

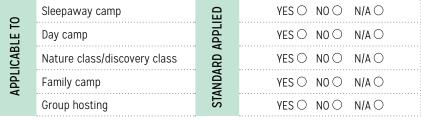
Camp management must obtain that the driving record of each member of staff responsible for transporting participants and check it annually with the SAAQ.

In addition, the camp inspects its vehicles and trailers every day before use.

#### **MEANS OF VERIFICATION**

> Documents to be presented to the consultant: Copy of driver's licence and boating licence of all camp drivers carrying participants or staff members.





₹5.13 VEHICLE AND TRAILER INSPECTION RECORD \$\int CAMP EMERGENCIES \$\int LEGAL INDEX \$\int GOOD PRACTICE GUIDE

## 5.14 HIGH-RISK SITE ACCESSIBILITY AND EQUIPMENT STORAGE

Camp management applies procedures to control access to high-risk activity sites when responsible staff are absent.

Camp management ensures that the high-risk equipment is stored in such a way that it is accessible only when the responsible staff is present on the activity sets. It ensures that hazardous products and materials are stored safely.

A written procedure, suitable for the context, regulates access to the equipment available for Family Camp and Group Programs.

#### **MEANS OF VERIFICATION**

- Visual assessment of potentially dangerous activity sites, equipment and material
- Opening hours, rules and safety instructions written and posted
- Assessment of the means of control of access to sites and equipment



0	Sleepaway camp	ED	YES○ NO○ N/A○
Ë H	Day camp	PPLI	YES○ NO○ N/A○
ICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○
\PPL	Family camp	ANDAR	YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

## **☆ 5.15 EMERGENCY MEASURES**

The camp has a policy explaining measures to be implemented during emergencies that may occur during camp activities.

- General evacuation plan
- Localized evacuation plans
- Response plans in case of:
  - · Disappearance of a participant or group of participants
  - · Emergency during an excursion or outing
  - Emergency during swimming or water activities
  - · Serious injury or ailment
  - Public or private utility outage (e.g. water main)
- Emergency in transport
- · Cases of contagion and epidemic
- Weather alert
- · Situations during high-risk activities or at remote sites
- · Code grey
- · Other special situations

#### **MEANS OF VERIFICATION**

- > Document to be presented to the consultant: written policy and control tools used by the camp
- > Explanation of procedures by camp management
- > Possible confirmation with coordinating staff and camp counsellors



_	Sleepaway camp	O:	YES O NO O N/A O
유	Day camp	APPLIE	YES○ NO○ N/A○
ICABI	Nature class/discovery class	2	YES○ NO○ N/A○
PPLI	Family camp	ANDA	YES○ NO○ N/A○
4	Group hosting	STA	YES○ NO○ N/A○



## **5.16 GENERAL EVACUATION DRILL**

Camp management puts staff and participants through a general evacuation drill within 48 hours of their being placed into the care of the camp. However, camp counsellors are required to inform participants of the general evacuation drill within four hours of their arrival at camp. To demonstrate compliance with this standard, the camp must be able to provide a written report of each general evacuation drill.

To be included in this report:

- Name of the person responsible for the drill
- Date and time of the drill
- Time required for evacuation
- · Comments and remarks that could improve the process

#### **MEANS OF VERIFICATION**

Document to be presented to the consultant:

- > Copy of evacuation drill reports
- > Discussion on how to convey information on the evacuation drill to participants



0	Sleepaway camp		YES○ NO○ N/A○
E	Day camp	\PPL	YES○ NO○ N/A○
ICAB	Nature class/discovery class	RD /	YES O NOO N/A O
\PPL	Family camp	NDA	YES O NOO N/AO
	Group hosting	ST/	YES O NOO N/A O



## 5.17 INFORMATION GIVEN UPON ARRIVAL ON THE SITE

The various groups and families, on their arrival at camp, are given information by management or its mandatary on rules and safety instructions, specific emergency procedures and the general evacuation plan.

- Document to be presented to the consultant: inventory of communications sent to groups and families upon arrival at the camp
- Explanation by camp management of the procedure upon arrival of a family or a group
- Possible confirmation with clientele on the site







# 6 HEALTH AND WELL-BEING

The concern for a healthy living environment and appropriate routines and care provided to participants occupy a prominent place in the planning and functioning of the camp. Management therefore sees to it that mechanisms, procedures, equipment and services are put in place to maximize well-being at the camp.

## **6.1 HEALTH AND HYGIENE MANAGEMENT POLICY**

Camp management has and enforces a health management policy at the camp to ensure good personal hygiene. This policy must be known to staff.

Depending on the context of the program, this policy addresses the frequency and modalities of:

- Teeth brushing
- Showers and changes of clothes
- Clothing
- · Sun protection
- Hydration
- Handwashing routine

- > Document to be presented to the consultant: written policy
- Visual assessment of adherence to the various routines



## **6.2 ALLERGY MANAGEMENT POLICY**

Camp management has and applies an allergy prevention and intervention policy. This policy must be known to staff.

#### **MEANS OF VERIFICATION**

- Document to be presented to the consultant: written policy
- > Visual assessment of tools and means of prevention
- > Discussion with kitchen and health care staff about the policy





## **☆ 6.3 AUTO-INJECTEUR**

The camp has an emergency epinephrine auto-injector available at all times on the camp's main site. The location is clearly indicated and known to the staff.

**NOTE:** For family camps and camps hosting adult groups: the camp should ideally have a supply of Naloxone in case of opioid intoxication.

#### **MEANS OF VERIFICATION**

> Visual check that an auto-injector is present



APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	ANDARD APPL	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
1	Group hosting	STA	YES○ NO○ N/A○

## **6.4 HEALTH FACILITIES AND EQUIPMENT**

The camp has a variety of tools, equipment and accessories needed to manage health care. Here is a list of basic material:

- First-aid kit
- • Box of disposable latex or vinyl gloves
- Thermometer
- Flashlight
- Blankets
- Splints
- Slings
- Disposable glasses (cardboard or plastic)

In addition, the camp makes sure to keep available:

- A list of useful phone numbers prominently displayed near phones
- A semi-closed workspace to promote confidentiality during consultations and treatments
- A safe place, kept locked and accessible only to authorized personnel, to store all medications

#### **MEANS OF VERIFICATION**

> Visual assessment of available material





## 6.5 ACCESSIBILITY OF FIRST AID KITS

Camp management ensures that first aid kits are placed at strategic locations on the site. These kits are available to staff at all times. Strategic locations include: high-risk activity sites, potentially hazardous locations (e.g. kitchen, garage) and any vehicle used by the camp to transport participants.

In addition, a kit is available at all times at the health centre and in the management office.

Portable kits are also available for staff at activity sites remote from the main site, as well as for excursion, trips and outings.

#### **MEANS OF VERIFICATION**

Visual assessment of the presence of the kits at the camp



## 6.6 CHECKING OF FIRST AID KITS

Each first aid kit is clearly identified, with names or symbols. The content of each kit is suitable for its use. Each kit includes a record of the treatments provided and drugs dispensed to be updated, as well as accident reports, treatment records and medication records

Camp management designates a manager (e.g., health care worker) to check the contents of these kits and restock them as needed using a checklist, on a weekly basis and after each trip, excursion or outing.

#### **MEANS OF VERIFICATION**

- > Visual assessment of the contents of the different kits
- > Completed first aid kit contents verification form



6.7 TRANSMISSION OF MEDICAL INFORMATION AND PROCEDURE FOR DISPENSING MEDICATION

Camp management has and implements written procedures specifying how to transmit medical information and distribute medication on or off the camp site.

#### **MEANS OF VERIFICATION**

Verification of written procedures for the transmission of medical information and the distribution of medication

0	Sleepaway camp	ED	YES O NO O N/A O
APPLICABLE TO	Day camp	TANDARD APPLI	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
	Group hosting	ST/	YES○ NO○ N/A○

6.7 PROCEDURES FOR THE TRANSMISSION OF MEDICAL INFORMATION AND MEDICATION DISTRIBUTION PLEGAL INDEX

## 6.8 MEDICATION AND NEW MEDICAL INFORMATION FORM

Camp management has a written procedure for updating medical information in order to obtain in writing any new medical information to be attached to the health record.

#### **MEANS OF VERIFICATION**

- > Verification of the procedure for updating medical information
- > Copy of a medication and new medical information form.



6.8 MEDICATION DISPENSATION FORM LEGAL INDEX

## 6.9 MEDICATION KEPT IN A SAFE PLACE

Camp management stores participants' medication in a safe place accessible only to authorized personnel. The same is true for medication kept by the camp.

#### **MEANS OF VERIFICATION**

> Visual assessment of the intended location for the safe storage of medication



APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	ANDARD APPL	YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
_	Group hosting	STA	YES○ NO○ N/A○

## **6.10 TREATMENT REGISTER**

Camp management keeps a register in which any treatment given and any medicine dispensed is recorded. This register, which is included in each of the first aid kits, must also be used during activities outside the camp's main site.

Treatment registers, once completed, must be kept at the camp for a minimum of three years, which is the statutory requirement.

#### **MEANS OF VERIFICATION**

> Copy of records of treatments used



## 6.11 ACCIDENT/INCIDENT REPORT

Camp management ensures that an accident report is completed whenever an emergency situation requiring a major first aid intervention occurs. These reports are completed systematically.

Accident reports must be kept at the camp for a minimum of three years, the statutory requirement. In case of a minor situation, camp management completes an incident report.

Accident reports and incident reports contain at least the following information:

- · Name of the victim
- Date and time of the accident or ailment
- Location of accident or ailment
- Nature of the accident or ailment
- People present during the accident or ailment
- Nature of the intervention
- Date and time of the intervention
- Name of the treating person (don't use camp nicknames)
- Name and address of witnesses
- Procedures carried out after the intervention (e.g. contact with parents or authorities, debriefing activity).

#### **MEANS OF VERIFICATION**

Documents to be presented to the consultant:

- > Major accident or ailment report template used
- > Incident report template used
- > File where the completed reports are kept



APPLICABLE TO	Sleepaway camp	TANDARD APPLIED	YES O NO O N/A O
	Day camp		YES○ NO○ N/A○
	Nature class/discovery class		YES○ NO○ N/A○
	Family camp		YES○ NO○ N/A○
_	Group hosting	ST/	YES○ NO○ N/A○

**★**6.11 ACCIDENT AND INCIDENT REPORT TEMPLATE **★**LEGAL INDEX



# **7 HEALTHY LIFESTYLE**

This block of standards includes three mandatory standards for all ACQ certified camps, as well as, on a voluntary basis, standards for camps adhering to the programs of Fondation Tremplin Santé, the go-to organization for healthy camp lifestyle.

Healthy lifestyle habits in brief:



	CERTIFIED CAMPS	TS CAMPS
7.1 GENERAL POLICY	·	
Written policy on healthy lifestyles	X	X
7.2 HEALTHY EATING		
7.2.1 Menu reviewed and approved by a nutritionist	Х	Χ
7.2.2 Meal duration and atmosphere	X	X
7.2.3 60 minutes/week of healthy eating activities		x (60)
7.2.4 Promotion of water consumption		X
7.3 PHYSICAL ACTIVITY		
7.3.1 60 minutes/day of physical activity		X
7.4 TRAINING		
7.4.1 Training of camp counsellors		X

All tools are available on portail.tremplinsante.ca.

Camp management must have a written policy for promoting healthy lifestyle habits. This policy must be known to the staff and includes the following:

- Camp goals and commitments to promoting a physically active lifestyle and healthy eating
- Means implemented to achieve the objectives

#### **MEANS OF VERIFICATION**

> Document to be presented to the consultant: Camp's written policy on healthy lifestyles, dated and updated or revised annually as needed







- GUIDE TREMPLIN SANTÉ
- · FOOD SERVICE GUIDE
- TS WORKSHOP WITH VIDEO CLIPS AND KEY-MESSAGE POSTERS
- HL PROFILE

## **☆ 7.2 HEALTHY EATING**

- **7.2.1** Camp management ensures that nutritious and balanced meals are provided daily to participants and staff. For this purpose:
  - Before the start of the season, and on a triennial basis, the menu is reviewed and approved by a nutritionist.
  - The food that is served respects the recommendations proposed by the nutritionist.

- > Document to be presented to the consultant: Menu review and approval form or nutritionist's evaluation table
- > Follow-up on the nutritionist's recommendations
- > Discussion with management or kitchen staff
- > Visual assessment: comparison of the menu served with the menu displayed and the one that has been reviewed







- EVALUATION TABLE
- 7.2 MENU REVIEW AND APPROVAL FORM
- CYCLIC MENU



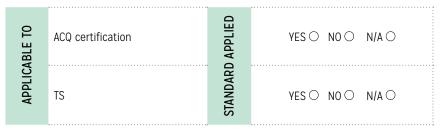
- RECIPES (FOOD SERVICE AND SHIPPING)
- FOOD SERVICE GUIDE

**7.2.2** Camp management must provide youth and staff with user-friendly dining areas and schedule a break from activities of at least 20 minutes for eating.

#### **MEANS OF VERIFICATION**

- > Validation of weekly programming
- > Visual assessment





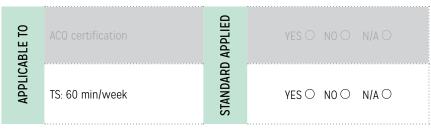


GUIDE TREMPLIN SANTÉ

**7.2.3** Camp management must promote food exploration by young people by offering them a 60-minute program of healthy eating activities every week: culinary workshops with balanced, nutritious recipes, germination or gardening activities, tastings, etc.

- > Validation of weekly programming
- > Easier access to digital tools from Fondation Tremplin Santé
- > Visual assessment







- · PROGRAMMING: MODEL AND EXAMPLE
- · GAMES AND ACTIVITIES (FREE ACCESS CODE TO THE ACTIVITIES PORTAL ON PORTAIL.TREMPLINSANTE.CA)

**7.2.4** The camp must prioritize the drinking of water at camp during meals and ensure that fountains are kept clean and inviting. Staff must ensure that participants are given enough opportunities to hydrate themselves – for example, by allowing time to drink during activities and by multiplying water points.

#### **MEANS OF VERIFICATION**

- > Visual assessment
- > Easier access to digital tools from Fondation Tremplin Santé





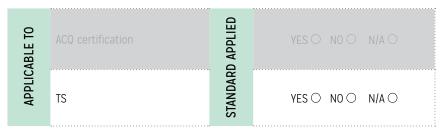
· "DÉFI TCHIN TCHIN DANS MON CAMP" ACTIVITY KIT

## **☆ 7.3 PHYSICALLY ACTIVE LIFESTYLE**

**7.3.1** The weekly camp schedule offers a variety of physical and sports activities. The daily schedule must propose a total of 60 minutes of moderate to high intensity physical activity, which can be divided into sessions of 10 to 15 minutes at a time, depending on the age of the participants.

- > Document to be presented to the consultant: weekly program schedule for validation
- > Easier access to digital tools and game cards from Fondation Tremplin Santé
- > Visual assessment







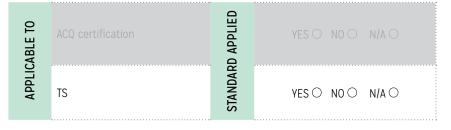
- PROGRAMMING: MODEL AND EXAMPLE
- · GAMES AND ACTIVITIES (FREE ACCESS CODE TO THE ACTIVITIES PORTAL ON PORTAIL.TREMPLINSANTE.CA)

## **☆ 7.4 COMPLEMENTARY TRAINING OF CAMP COUNSELLORS**

**7.4.1** Camp management provides at least 60 minutes of training to camp counsellors on healthy lifestyle habits. This training introduces the available resources, for example a bank of motivating active games, fun activities on diet or on various specific themes.

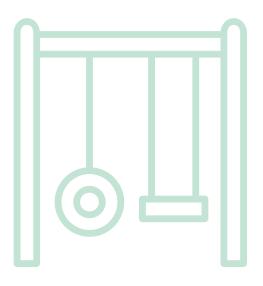
- > Document to be presented to the consultant: Training plan on healthy lifestyles and content presented
- > Activity bank and tools available for staff
- > Easier access to digital tools from Fondation Tremplin Santé







- TS WORKSHOP INCLUDING VIDEO CLIPS, KEY-MESSAGE POSTERS, TRAINER'S GUIDE AND PARTICIPANT'S NOTEBOOK;
- · TREMPLIN SANTÉ GAMES AND ACTIVITIES AVAILABLE ON THE PORTAIL.TREMPLINSANTE.CA AND/OR IN CARD FORMAT





# 8 CIT PROGRAM STANDARDS

The Counsellor In Training (CIT) program recognized by the ACQ complies with the standards below.

To have a CIT program recognized, a camp organization must make a request to the ACQ and provide proof that it complies with these standards. These equally apply to a CIT program offered at a sleepaway camp, day camp or certified family camp. Only camps that offer a recognized CIT program can advertise it as certified by the ACQ.

## 8.1 THE CIT TRAINER

**8.1.1** The CIT leader/trainer has a minimum of two years of experience as a camp counsellor and one year as a supervisor, or three years of experience as a camp counsellor.

Note: Possibility of recognition of an equivalence on presentation of résumé to the ACQ committee



0	Sleepaway camp		YES○ NO○ N/A○
Ë	Day camp	\PPL	YES○ NO○ N/A○
APPLICAB	Nature class/discovery class	RD A	YES○ NO○ N/A○
	Family camp	INDA	YES○ NO○ N/A○
	Group hosting	ST/	YES O NO O N/A O

8.1.2 The trainer must follow the CIT Trainer program offered by the Association des camps du Québec.



**8.1.3** The main responsibility of the CIT leader is to supervise trainees (must amount to more than 75% of their tasks during the duration of the program).



LE 70	Sleepaway camp	<u>E</u>	YES○ NO○ N/A○
	Day camp	\PPLI	YES○ NO○ N/A○
ICAB	Nature class/discovery class	RD A	YES O NO O N/A O
\PPL	Family camp	ANDA	YES○ NO○ N/A○
	Group hosting	ST/	YES O NOO N/AO

**8.1.4** The trainer/trainee ratio is 1 to 12.

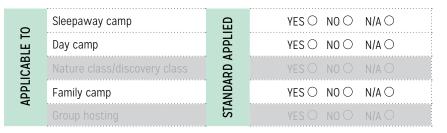


APPLICABLE TO	Sleepaway camp	ED	YES○ NO○ N/A○
	Day camp	\PPLI	YES○ NO○ N/A○
	Nature class/discovery class	RD A	YES O NOO N/AO
	Family camp	NDA	YES○ NO○ N/A○
	Group hosting	ST/	YES O NOO N/AO

## 8.2 THE PROGRAM

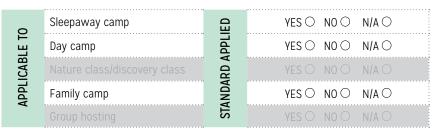
- **8.2.1** A CIT program has a minimum duration of 200 hours, including:
  - 150 hours of theory (including the DAFA 33 hour theory or equivalent)
  - + 15 hours of planning / realization of a specific project
  - + 35 hours of practice (DAFA internship or equivalent)





**8.2.2** It is mandatory for the CIT program to include a minimum of 8 hours of first aid training provided by a recognized organization.

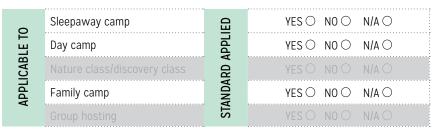




## 8.3 EVALUATION

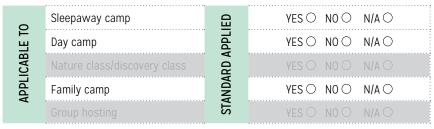
**8.3.1** To succeed in the CIT program, a trainee must obtain the pass mark (60%) in the manner prescribed by the ACQ (see CIT Guide), at both the practical and theoretical evaluations.





- **8.3.2** A camp offering a CIT program must provide the ACQ with a list including the following before September 1:
  - Names and dates of birth of all trainees who have followed the program
  - Dates of their stay at the camp
  - Commendation entered on their certificate and overall final score obtained
  - Copy of the theoretical examination given

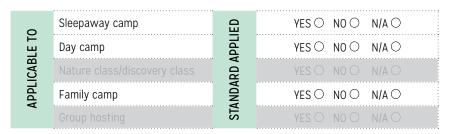




## 8.4 PARTICIPANT

**8.4.1** Trainees completed their secondary 3 before starting their internship.





- **8.4.2** A camp offering a CIT program should give the following information to each participant:
- 1. An information package (letter or leaflet) at the time of registration. This package includes the following elements:
  - CIT program objectives
  - Criteria for hiring camp counsellors (see standard 4.4) in effect in ACQ member camps
  - Note informing trainees and their parents or guardians that the grading formula recommended by the ACQ may lead to failure and that in this case, the ACQ attestation will not be issued.
  - Note informing trainees that the results of their final evaluation (grade and mention of the certificate) will be sent to the ACQ.
- 2. A support document (camp book) containing the outline of the training.
- **3.** An official ACQ training certificate indicating the mention obtained and the name of the camp that provided the training.



