

Camper's Guide



JUNE 2026



Letter to the campers and their family



Dear camper,

Welcome to **Kids on the Move Camp**, a unique place where you'll never have to explain what it means to live with arthritis. Here, everyone understands. It's a space where you can make new friends, take your medication in a supportive environment, sing your heart out, dance around the campfire, and enjoy an absolutely unforgettable week.

At Arthritis Society Canada, we believe that every child and youth living with arthritis deserves to experience the magic of summer camp. Kids on the Move Camp offers exactly that: a chance to have fun, grow, and enjoy the true spirit of summer camp—just like any other kid.

We are very happy you have joined us as a part of the Kids on the Move Camp!

FOR FAMILIES:

This camper's guide is designed to provide general knowledge about the experience at Kids on the Move Camp, such as policies, camper care, and much more. The purpose of this guide is to provide a clear picture of what to expect at the camp.

Please note that it's perfectly normal for you and your camper to feel anxious and nervous about attending the camp. We hope this guide will ease your worries.

If you have any questions or concerns after reading the following information, please do not hesitate to contact us at campsqc@arthrite.ca

Warm regards,

Émilie Brousseau
Coordinator, Mission & Camp lead
Arthritis Society Canada



Pre-Camp Checklist



Checklist

- ✓ Read the entire camper's guide.
- ✓ Review the packing list.
- ✓ Review the camper's code of conduct with your child.
- ✓ Review communicable diseases and vaccination protocol.
- ✓ Write us at campsqc@arthrite.ca for any changes in health or medication.
- ✓ Please note that an information meeting for the campers' parents or guardians will be held on **June 1 at 7:30 p.m.** The meeting will be held in French only. You will receive, or may have already received, the registration link by email. If you have any questions: campsqc@arthrite.ca.



About Kids On The Move Camp



OUR HISTORY

Every year, more than 50 young people aged 8 to 16 get the chance to enjoy an unforgettable experience. For a full week, they dive into a world of diverse activities tailored to their age, all offered in a safe and caring environment.

In addition to outdoor activities led by the counselors at EDPHY International camp, campers take part in a wide range of stimulating workshops: crafts, painting, music, sports, animal-assisted therapy, cooking classes, and much more. With such a dynamic program, there's no room for boredom — each day brings new discoveries, fun, and fresh passions.

Discover Kids on the Move Camp, created in 2003 by Arthritis Society Canada - Quebec Division and Dr. Sarah Campillo of the Montreal Children's Hospital.

[Kids On The Move Camp](#)



WHY Kids On The Move Camp?

For the 4500 young people in Quebec living with arthritis, pain, physiotherapy, constant medication and isolation caused by their disease represent a major part of their everyday life, including during summer holidays. In order to help these kids create positive and unforgettable summer memories, Arthritis Society Canada, in collaboration with its invaluable partners and the Montreal Children's Hospital, offers them the chance to participate in the Kids on the Move Camp, run specifically for children living with rheumatic diseases.

The environment, activities, medical care and all other aspects of the camp are adapted to these kids' specific needs. Everything is designed to allow them to live out the experience of the summer camp at its best - to flourish, to gain self-confidence and, finally, to share their experience with other children facing the same challenges.

<https://arthritis.ca/impliquez-vous/participer/evenements/evenement/special-events/qc/le-camp-articulaction>





EDPHY International Camp

Kids on the Move Camp is held for the 4th year in a row at EDPHY International Camp. The adventure of the Camp EDPHY began in 1965, in Val Morin. Making the outdoors accessible to all was the very first motto of the Centre de plein air EDPHY. Driven by his mission, founder Yvan Dubois quickly developed programs enabling young people to take part in outdoor activities in all seasons.

To this day, Edphy International pursues its mission with the same philosophy and passion as in its early days. Since the 1960s, Edphy has welcomed over half a million young people from 40 different countries! - Edphy enjoys a national and international reputation. Today's management team is continuing and updating its development around a happy blend of tradition and innovation, in tune with both young people and enduring values, such as respect, fraternity and equality, both in its camp programs and in the hosting of various groups.

<https://edphy.com/en/>

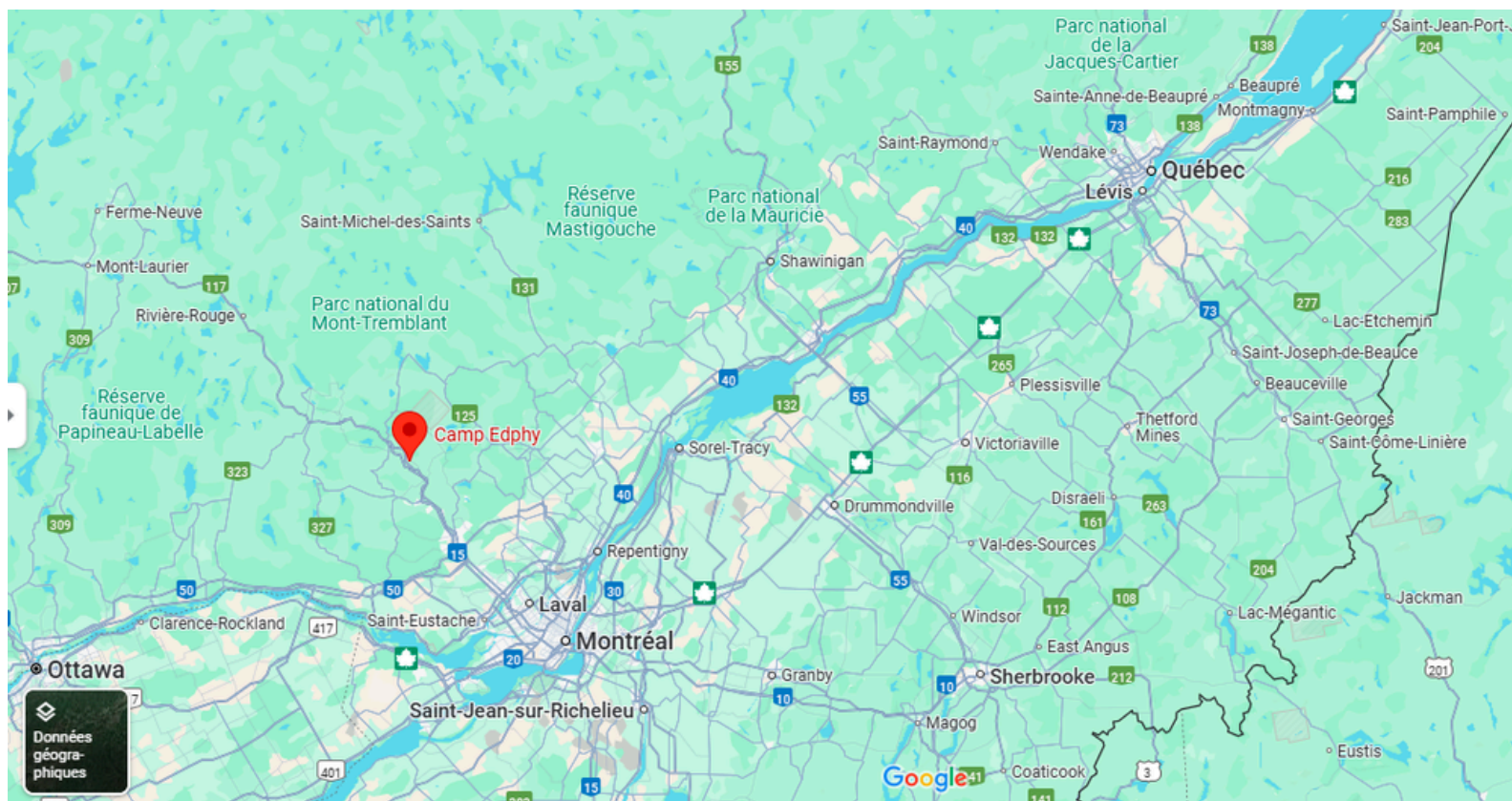
From June 23 to 27, 2026, Camp Edphy will once again welcome Arthritis Society Canada and Kids on the Move Camp.



Location



Camp Edphy International 1200 14th Avenue, Val Morin, QC J0T 2R0



About our VOLUNTEERS



ARTHRITIS SOCIETY CANADA STAFF / CAMP VOLUNTEERS

The heart of the camp is our volunteers and our medical team. Each year, the Arthritis Society Canada recruits, selects, and trains dedicated volunteers to offer our campers an unforgettable week.

We are committed to creating a healthy and safe environment for everyone. Mandatory training ensures that each volunteer feels well-prepared and confident in their role.

Most of our volunteers live with arthritis themselves, providing campers with inspiring role models and valuable opportunities to connect with people who truly understand their reality.

The vast majority of our activities are run by Camp EDPHY staff. The counselors responsible for the children have undergone general training in animation, which includes a minimum of 33 hours of theoretical training and 35 hours of practical training (DAFA). They also take part in ongoing training sessions throughout the season. The day before opening day, camp staff will attend an information session given by one of our pediatric nurses specialized in rheumatology. They will learn about the realities of young people living with rheumatic diseases.



Camper experience



First Day — Tuesday, June 23

Family welcome and medical evaluations begin at 1pm. There will be no lunch served to families or campers. Campers will arrive in several waves. We'll give you more details a few days before the camp.

Late Arrival

Exceptional accommodation may be granted to campers whose school ends on June 23, allowing them to arrive on June 24 in the early morning. However, it is essential that you **inform us before May 22 if you wish to take advantage of this late arrival.**

Final Day — Saturday, June 27

Campers' parents will be expected between **10:15 am and 11:15 am.** We'll give you more details a few days before the camp. Maximum departure time is **11:45 am.**



Lice

Lice are common among children and spread rapidly. That's why we have a proactive lice management protocol in place. Please check your child for lice and nits before arriving at the camp.

Any child with lice or nits will not be able to attend camp.

A day at Camp Kids On The Move



Our goal is to provide a balance of group activities, education, sports, arts and quiet time. Activities vary from day to day and are subject to the vagaries of the weather. We also place great importance on creating moments where children can come into contact with others.

Campers will be divided into teams by age, with a ratio of 1:4 at all times. This ratio may be adjusted according to age groups, program activities and demand for additional support.

Schedule example

- 7:00 à 8:00** Wake-up and Morning Routine
- 8:00 à 9:00** Breakfast (and medication)
- 9:00 à 10:00** Stretch
- 10:10 à 10:45** Snack
- 10:45 à 11:45** Activity
- 12:00 à 13:00** Lunch (and medication)
- 13:00 à 14:00** Relaxation or quiet play
- 14:10 à 15:10** Activity
- 15:10 à 15:35** Snack
- 15:35 à 16:35** Pool time
- 16:35 à 17:30** Relaxation or quiet time
- 17:30 à 18:30** Dinner (and medication)
- 18:30 à 21:00** Evening activity / Medication



Types of activities proposed:

- Arts and outdoors
- Athletics
- Swimming
- Circus
- Water sports
- Cooking class
- Rock climbing
- Various sports
- Pet therapy



Packing list



For sleeping (mandatory)

- 1 pillow and pillow case
- Sleeping bag
- 1 set of sheets for a single bed
- Warm blanket
- 2 pairs of pyjamas

Personal hygiene

- Body soap
- Shampooing, conditioner
- Hair brush, comb
- Toothbrush and toothpaste
- Deodorant (if needed)
- Facecloths or sponge
- 2 towels for shower
- 2 towels for the pool or beach
- Lip balm
- Sanitary towels, tampons (if necessary)

You will also need

- Flashlight with new batteries
- Mosquito repellent
- Sun hat or cap
- Sunglasses
- Splints, braces or other aids (if necessary)
- Sunscreen with an SPF of 50 or higher
- Reusable water bottle
- Swimming goggles (if necessary)
- Tissue box

More suggestions

- Disposable camera or digital camera
- Books, magazines
- iPod shuffle or nano, MP3 player
- Small backpack or hip packs to keep your water bottle, sunscreen, and everything you need with you during the day

Clothes (for 5 days)

- Underwear
- Socks
- Shorts or Bermudas
- T-Shirts
- 1 white T-shirt or a pair of white socks for the Tie Dye
- At least 2 pairs of long pants
- Sweaters
- Raincoat (mandatory)
- Lightweight jacket
- 2 bathing suits (1-piece bathing suit recommended)
- Plastic bag to bring back dirty or wet items
- 1 slightly dressier outfit for the last evening (or any clean and comfortable outfit that will do just fine)
- 2 pairs of closed shoes (running shoes with laces)
- 1 pair of sandals for the beach or shower
- 1 pair of rain boots

Mandatory

- Identified magic bag (if you use one)
- **You medication for 7 days, in blisterpack prepared by your pharmacist**
- **Your healthcare card**



Packing list



Do not bring

- Items such as money, candy, chips, gum, food, pets, cell phones, tablets, electronic games, fine jewelry or any other irreplaceable items **MUST NOT** be brought to camp.
- Clothing with inappropriate images or phrases.
- Prohibited items include explosives, knives, drugs, alcohol and tobacco.

The cost of replacing or repairing destroyed equipment or property will not be assumed by Arthritis Society Canada, but by the parent or guardian of the responsible child.



Do not put your medication and your healthcare card in your bags. Keep them separate, as you will need to give them to the nurse when you arrive at the camp. Make sure that your name is on everything that you bring at the camp.



Medical Care

Our medical team consists of 3 to 6 nurses and 1 to 2 pediatric rheumatologists. They will be available 24 hours a day to take care of campers. During the week, we will also welcome 1 physiotherapist, 1 occupational therapist, 1 social work student and 5 certified massage therapists. On the first day, 2 to 3 pediatric rheumatologists will also join the team.

All medication is kept and administered by the camp nursing team. No medication is allowed in the rooms. All medication times are respected at the camp. Whether your camper has just been diagnosed or is approaching adulthood, our medical team works tirelessly to ensure your camper gets the most out of their camp experience. The camp medical team is responsible for overseeing all camper healthcare. In the event of injury or illness, the camper will be taken to the local hospital. The medical team will then determine whether it is necessary to send the camper home.

Camper's Health and Well-Being

Our medical team is available throughout your child's stay to support their health, safety, and overall well-being. Any emotional, behavioural, or medical concerns that arise will be assessed and managed by the on-site medical staff.

If, for safety, health, or behavioural reasons, your child must return home, we will contact you immediately to arrange their departure. You will be required to pick up your child as soon as possible.

If a child or teenager expresses suicidal thoughts or engages in behaviour that poses a danger to themselves or others, we will notify parents or guardians without delay. In such cases, you will also be required to pick up your camper promptly to ensure their safety.





Medication and treatments

All medications, whether prescription or over-the-counter, must be provided in pharmacy-prepared blister packs. Original containers with the pharmacy label will only be accepted for campers who take one or more medications on an as-needed basis. Please provide only the appropriate quantity for the duration of the camp.

If your camper's medication, dosage, or administration instructions have changed since their registration last March, it is essential that you inform us before their arrival. Please contact us at the following email address: campsgc@arthrite.ca.

All parents/guardians are required to check that their child's medication is up to date when they drop off their camper on June 23.





Homesick Campers

Our camp counselors are trained to quickly recognize signs of boredom or discomfort. They will take the time to comfort the camper and help them develop simple and effective strategies to feel better.

To support the camper, the following steps will be applied:

- Campers are encouraged not to call home until 48 hours have elapsed.
- If a camper is still homesick after two nights and reasonable effort by camp volunteers and staff have been exhausted, parents will be contacted to pick up their camper.

Arthritis Society Canada does not provide transportation home for homesick campers.

Food Services

Balanced meals and snacks will be prepared and served by the cafeteria staff. Any allergies, restrictions, or intolerances indicated on your child's registration form will be taken into account at camp.

If a camper refuses to eat for an extended period of time, they will unfortunately have to leave the camp to ensure their health and safety.

Sleeping dorms

Campers are assigned to rooms based on their age and gender. We will do our best to accommodate all roommate requests. Each camper is expected to behave respectfully and contribute to a positive living environment.

Camper Code of Conduct (Reminder)

Campers are expected to behave well during their stay at the camp, to participate in scheduled activities, to respect curfew times and to respect staff and other campers.

Failure to comply will result in immediate dismissal from the camp.

1. Campers must maintain the cleanliness of their cabin and clean up their space at the table.
2. At all times, campers must be accompanied by a camp counselor or an assistant counselor. Campers that need to leave an activity site must tell their camp counselor where they are going, the name of the person accompanying them, and receive for permission from their camp counselor.
3. Campers must respect and follow the instructions given by the camp counselors and the assistant counselors.
4. Campers are not allowed to go through other campers' personal belongings.
5. Closed-toe shoes must be worn at all times; beach sandals may be worn for pool, beach and shower activities.
6. We recommend wearing a one-piece swimsuit.
7. We recommend appropriate clothing for the activity and the weather. Transparent or revealing clothing is not permitted.
8. Clothing that displays violent or discriminatory messages or promotes illegal products is also prohibited.



Behaviour leading to immediate expulsion

- Physically assaulting a counselor or camper.
- Bullying a camper (Camp Kids on the Move or other camps in attendance).
- Stealing from others.
- Deliberately endangering the health or safety of others.
- Possession or use of alcohol, tobacco, illegal drugs, weapons or marijuana before, during or after the camp experience while on camp grounds.

Forbidden objects at the camp

- Matches or lighter
- Candle
- Pocket knife
- Walkie-Talkie
- Energy drink
- Cell phone
- iPod Touch
- Tablet
- Video games
- Food, candies, treats and chips
- Electronic device for non-medical use

Forbidden objects outside of the room

- MP3 player, iPod shuffle or nano

Visit or phone call

Upon arriving at camp, your child will begin making new friends and taking part in the camp's activities. Since the stay is short, we want your child to enjoy every moment.

For this reason, visits and phone calls are not allowed, as they could interfere with their experience and may lead to homesickness or boredom. Rest assured that if we need to contact you during the camp, we will reach out to you directly.

We'll e-mail you a summary of each day at camp, along with pictures.

Lost item

We are not responsible for lost objects. Unclaimed items will be held at the Montreal office of Arthritis Society Canada until one month after the end of the camp. Items will then be donated to charity. We advise against bringing valuables to camp.





Communicable diseases and vaccination protocol

Since most of our campers take medications that modify their immune system, we put all necessary measures in place to ensure a fun, stimulating, and safe week at camp..

Rest assured that all medical staff and members of Arthritis Society Canada present at the camp will follow the same procedure.

Vaccinations

- The camper's vaccination must be up to date and include two doses of the measles vaccine (unless contraindicated and exempted by the attending physician)

Prior to arriving at camp

- We ask families to try to limit exposure to infection 5 days before arriving at camp, by limiting contact with people outside their immediate household.
- If the camper shows symptoms of a contagious illness (e.g., fever, sore throat, cold, flu, gastroenteritis, etc.) in the days leading up to the camp, we ask that you [contact us immediately](#).

Upon arrival at camp

- If a child presents symptoms of an infectious disease upon arrival at the camp, he or she will be evaluated by the medical team present at the camp, and if the team deems that it would be preferable for the child not to attend the camp, the child will have to leave with his or her parents.

During camp

- If a camper develops an infection during the camp week, the child will be placed in isolation and must leave the camp as soon as possible (the parent must be available to pick up the child).



SUN PROTECTION

At Kids on the Move Camp, the safety of our campers is our top priority. As part of our risk management program, Camp Kids on the Move has implemented a sun protection policy to help protect our campers when they spend time outdoors.

We encourage parents to discuss with their camper the risks of overexposure to the sun and the importance of wearing sunscreen, a hat or cap and sunglasses.

Nurses will remind all campers to reapply sunscreen throughout the day.



UNPLUG AT CAMP

To fully preserve the camp experience, any device capable of accessing a network — cell phones, tablets, handheld consoles, or any other device able to connect to the Internet — is strictly prohibited, even if the network connection is disabled.

These devices are expensive, easy to lose, and interfere with interactions between campers, which are at the heart of the camp experience. Downtime is essential for fostering bonding, conversation, and a sense of belonging.

All phones and similar devices must remain at home. If a camper brings one anyway, the device will be collected upon arrival and returned only at the end of the week.

Small, simple, and inexpensive digital cameras are allowed, along with their chargers and waterproof cases. Large cameras or those with removable lenses are discouraged.

The Arthritis Society Canada assumes no responsibility in the event of loss or damage to electronic devices or cameras.





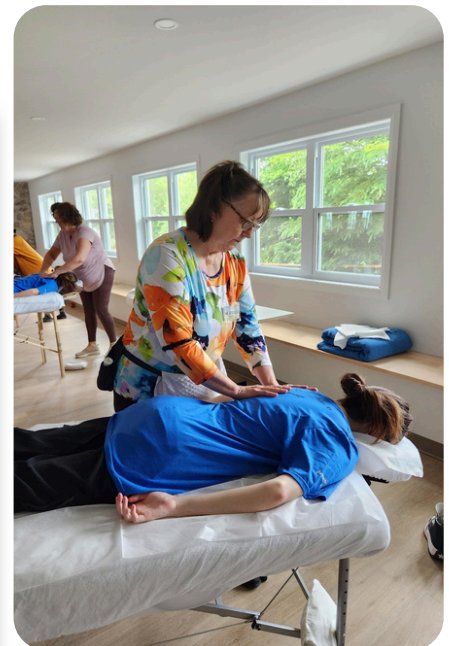
MASSAGE THERAPY ACTIVITY

For several years now, we've been fortunate to have the visit of certified massage therapists.

Created in 2010, the Fondation de la massothérapie is an initiative of the Fédération québécoise des massothérapeutes agréés. It was born of a desire to provide support to thousands of people suffering from cancer, chronic pain, mental health disorders, women victims of domestic violence and seniors in long-term care facilities.

<https://fondationfm.com/>

In fact, 5 massage therapists from the Fondation de la Massothérapie will be volunteering to provide our campers with a moment of relaxation. Our campers will have the chance to be pampered for a brief moment.



FONDATION DE LA
MASSOTHÉRAPIE
L'aide à mieux vivre



Code of Conduct

EDPHY International Camp



To ensure a safe, harmonious, stimulating and respectful environment, it is important that all participants agree to abide by the following code of conduct:

ACTIVITIES

Your participation is required. You respect all the safety rules specific to each activity and stay with your team and leader at all times. When moving around indoors, you WALK.

SLEEPING DORMS

You respect curfew rules and only enter your own room. You avoid borrowing other campers' personal belongings.

ENVIRONMENT

Your summer camp is located in a beautiful environment, and it's your duty to respect it. To do so, you must keep it clean by using the garbage cans, clearing and washing your table after meals, avoiding waste and keeping the rooms and toilets clean. (You need to clean your room and make your bed every morning). You must also take good care of the premises, equipment and materials at your disposal. If you fail to do so, you will be responsible for restoring things to their original condition, or for paying the cost of repairs or replacement.

DRESS CODE

Dress appropriately for the activities and weather, and use clothing and accessories with positive values. Out of courtesy, you wear your cap outdoors only. During water activities, you wear a bathing suit that allows you to practice water sports comfortably.

MATERIAL

You bring only the personal effects you need. Leave your cell phone and other electronic devices at home. You are liable to expulsion if you are found responsible for the use, possession or trafficking of drugs or alcoholic beverages, tobacco, immoral material or theft.

FOOD

You don't bring any food to camp. You can eat to your heart's content at snack and meal times.

SOCIAL RELATIONSHIPS

At all times, you show respect for other campers, camp staff and other participants, both verbally and non-verbally. In the event of conflict, you resolve it peacefully, avoiding any violent gestures that could hurt (touching, pushing, hitting, etc.).

In the event of violence (verbal or physical) or intimidation, the instigator will be immediately removed from his or her group to meet with camp management. Parents will be informed of further action.

Code of conduct

EDPHY International Camp



To ensure a safe, harmonious, stimulating and respectful environment, it is important that all participants agree to abide by the following code of conduct:

EMERGENCY EVACUATION

In the event of an emergency exit, you must evacuate the camp in accordance with the evacuation procedure. Do not run, jostle or be indisciplined. Triggering the alarm system without good reason will result in a \$100 fine.

This code of conduct applies to campers, parents and camp staff alike. It is the duty of all of us to respect it and to ensure that it is respected. Any breach could result in immediate dismissal.



YEAR-ROUND PROGRAMS



CLUB SOLEIL LEVANT



Club Soleil levant or Club Sunrise are free virtual clubs that connect Canadian children ages 5-17 living with arthritis and other rheumatic conditions. Club activities range from cooking classes, to scavenger hunts, to dance parties, to Parent Nights to everything in between.

SOIRÉE DE PARENTS



Parents' Evenings offer virtual support groups led by parents, as well as a variety of lectures presented in collaboration with healthcare professionals.

BACKPACK PROGRAM



The Backpack Program delivers a FREE backpack filled with information and tools to families of children ages 4-17 who have been newly diagnosed with arthritis, helping them lead healthier, more fulfilling lives.

**Scan the QR Code to
learn more!**



SUPPORT FOR JUVENILE ARTHRITIS



Launch a fundraising campaign for the Camp Kids on the Move Camp Kids on the Move: a summer of possibilities

A bake sale at your school. A lemonade stand on your street. A walkathon or biking challenge around your city. Even a thrilling climb up Mount Kilimanjaro! The Camp Kids on the Move fundraising page is a simple and fun way to raise funds yourself and to raise awareness of the devastating effects of the disease among friends and family, as well as allowing children to attend the camp for free.

The fundraising activities are limitless, but the end goal remains the same: extinguish arthritis.

<https://arthritis.ca/events/camp-fundraiser>



The Arthritis Society Canada would like to express its sincere gratitude to all the healthcare professionals working in Quebec's rheumatology clinics, who give generously of their time to offer an unforgettable experience to young people living with rheumatic disease. Special thanks go to the teams at the Montreal Children's Hospital, CHU Sainte-Justine, CHU de Québec, CHU de Sherbrooke and the Fondation de la massothérapie.

We would also like to thank our valued donors.

We look forward to seeing you at Kids on the Move Camp 2026!



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