

2026 Camp Footloose

Thank you for registering for Camp Footloose! We are looking forward to hosting your child at camp.

Please read through the following instructions and preparations carefully so that you have all you need for camp. After reading every section, please submit the signed acknowledgement form on the Page 3 of this document.

To help you prepare and provide all required documentation, we have provided a checklist below. Please complete the checklist and ensure that all required information is submitted by the due dates.

Please contact Emily at camps@arthritis.org.au if you have any questions.

Information Checklist

I/We have read (please tick):

- ☐ Camp Overview
- ☐ What to expect at camp
- ☐ Office of Sport and Recreation Registration
- ☐ Medications and Medical Information (Attached separately)
- ☐ Packing List
- ☐ Mobile & Electronic Devices
- ☐ Camp Expectations
- ☐ Breaches of Camp Expectations
- ☐ More Information

I/We have also completed the following (please tick):

- ☐ Attended the online parent information session (not compulsory) - Held **Wednesday 19 August 7-8pm**
- ☐ Completed the Ticket or Travel Subsidy form (if required) - Due by **Monday 31 August**
- ☐ Informed the Camp Coordinator of any special travel arrangements (e.g. late arrival, airport pickups required, flight times) – Due by **Monday 31 August**
- ☐ Completed the Office of Sport and Recreation Registration – Due by **Monday 14 September**
- ☐ Completed and submitted Medication Form - Due by **Monday 21 September**
- ☐ Completed and submitted Medical Clearance Form - Due by **Monday 21 September**
- ☐ Completed and submitted the Parent and Camper Acknowledgement - Due by **Monday 21 September**
- ☐ Arranged for a Webster-Pak (**must be provided at the start of camp**)

Parent and Camper Acknowledgement

Please read this handbook together before attending Camp Footloose. Please sign, date and return the acknowledgement to confirm you have read and agree to comply with the camp rules and requirements outlined in this document:

We acknowledge that we have read, understood and agree to comply with the information outlined in this handbook, including the Camp Expectations, Breaches of Camp Expectations, Mobile and Electronic Devices, and all health and safety requirements.

Camper Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: ____ / ____ / ____

Camper Signature: _____ Date: ____ / ____ / ____

Camp Overview

Information	Details
Dates	Tuesday 6 th October - Friday 9 th October 2026
Arrival Time	11:00am
Departure Time	1:00pm
Location	Kanangra Dr, Point Wolstoncroft NSW 2259 Point Wolstoncroft Sport and Recreation Centre
Contact Details	Before Camp Camps@arthritis.org.au or 1300 275 826 (Ex 12) During Camp and Out of Office Hours Work Phone or WhatsApp 0494 767 123

Camp Footloose is a fun and supportive camp for young people living with JIA. It's an opportunity to build friendships, develop confidence and independence, and connect with others who understand what it's like to live with arthritis.

Throughout the camp, participants will take part in a range of recreational, team-building and educational activities in a safe and inclusive environment, supported by experienced staff, volunteers and healthcare professionals.

Check-In

Your child will need to be signed in by a parent/carer on arrival with our Staff and Camp Nurses.

All medications will need to be handed over to the Camp Nurse on arrival along with the required documentation.

Once children have been dropped off, we kindly request that parents/carers depart the venue to ensure their child can settle in comfortably. Throughout the week, we ask parents/carers not to visit the site unless they have been expressly asked to do so by the Camp Coordinator.

Check-Out

Please arrive at the same location as Check-In to pick up your child. A nominated parent/carer must sign their child out before leaving and collect all remaining medication and documentation. If another person is collecting your child, the primary parent/carer must let us know in writing.

Travelling to Camp

To assist us with planning transport arrangements, please let the camp team know as soon as possible how your child will be travelling to and from Camp Footloose, including whether they will be:

- Driving to camp with a parent/carer;
- Travelling on the camp bus; or
- Travelling by plane.

Early notification is crucial so we can support families with transport arrangements where required and ensure appropriate airport transfers can be coordinated.

For participants travelling by plane, flight details must be provided by the requested deadline. A cut-off time will apply for flights arriving on the morning of camp, as participants will need to be collected from the airport before the scheduled departure of the camp bus. The same applies for return travel at the conclusion of camp to ensure sufficient time for the camp bus to arrive back in Sydney.

Further travel instructions and deadlines will be provided closer to camp.

What to expect at camp

Meet the team

Camp Footloose is delivered by a dedicated team committed to ensuring every participant has a safe, enjoyable and memorable experience.

Our team includes:

- The Arthritis Movement staff – overseeing the planning, delivery and wellbeing of campers.

- Volunteers – supporting activities, encouraging participation and helping create a positive camp experience. Many volunteers also grew up with JIA and attended camp when they were young.
- Registered nurses – providing basic medical support and assisting with medication management throughout camp.
- NSW Sport and Recreation Staff – external staff to our organisation that run the activities during the camp.



Camp Activities

Each day is designed to balance fun, connection, and learning. Campers can look forward to a variety of activities such as:

- Outdoor adventures
- Team-building games
- Creative activities
- Educational sessions
- Group challenges
- Campfire and evening activities
- Time to relax and connect with new friends

A draft program is provided below and may be subject to change based on weather and operational requirements.



CAMP FOOTLOOSE ITINERARY (DRAFT)



TUESDAY 6TH OCT

11:00 Campers and Parents Arrival
 11:30 Camp rules and room allocations
12:00 Lunch + Meds
 13:00 Initiative Team Games
 14:30 Pool Games
16:00 Afternoon tea
 16:30 Free time and settle in
18:00 Dinner + Meds
 19:00 Games Night
 20:30 Medication
 21:00 Return to Cabins
 22:00 Lights Out

WEDNESDAY 7TH OCT

08:00 Breakfast + Meds
 09:00 Raft building
12:00 Lunch + Meds
 13:00 Kayaking
16:00 Afternoon tea
 16:30 Free time
18:00 Dinner + Meds
 19:00 Movie/Craft Night
 20:30 Medication
 21:00 Return to Cabins
 22:00 Lights Out

THURSDAY 8TH OCT

08:00 Breakfast + Meds
 09:00 Fishing
12:00 Lunch + Meds
 13:00 Arthritis Education Session
16:00 Afternoon tea
 16:30 Archery
18:00 Dinner + Meds
 19:00 Bonfire Awards Night
 20:30 Medication
 21:00 Return to Cabins
 22:00 Lights Out

FRIDAY 9TH OCT

08:00 Breakfast + Meds
 09:00 Archery Tag
 10:30 Disc Golf
12:00 Lunch + Meds
 13:00 Parent pick up and sign out (please see the Camp Coordinator to sign your child out).

*Please note that we always encourage participation in the camp activities however we do have other activity options available for the campers who don't feel confident in doing an activity or are in pain.



Preparation for Camp

Office of Sport and Recreation Registration

In addition to your registration with The Arthritis Movement, you will also need to complete the online Office of Sport and Recreation Registration form. This is to advise the venue of the child's emergency contact details, medical conditions, dietary requirements/allergies, and ensure compliance with their safety procedures.

Please register using the link below.

[Register Here](#)

Medications and Medical Information

Please review the following attached documents:

- Medical Management & Medication Information
- Medical Clearance Form
- Camp Footloose Medication Form
- Camp Footloose Medication Form EXAMPLE

And then complete and return the following documents by 21/09/2026:

- ☐ Medical Clearance Form
- ☐ Camp Footloose Medication Form

Change of circumstances and refunds

We understand that unexpected circumstances can arise which may require the cancellation of camp registration.

Where a change in plans occurs due to illness or injury, refunds will be provided on a case-by-case basis and with suitable documentation. We encourage you to contact us as soon as possible should your child no longer be able to attend. We will do our best to provide a full refund where possible.

We recommend that you review dates and your availability carefully before registering and booking your child's spot at camp as refunds may not be provided for changes of mind, scheduling conflicts or inability to attend due to other commitments.

Packing List

Clothes	Toiletries
• T-shirts and long sleeve shirts (no singlets or midriff tops) • Shorts Jeans/long pants • Tracksuit pants • Jumpers and jackets • 2 x sneakers (one for water sports) • Underwear • Socks • Pyjamas • Swimming costume • Rash shirt	• Toothbrush • Toothpaste • Deodorant • Shampoo • Conditioner • Soap • Sunscreen • Insect repellent • Hairbrush • Lip Balm
Bedding	Other

• Sleeping bag • Pillow • Single sheet set	• Water Bottle (name clearly marked) • Hat • Beach Towel • Bath Towel • Sunglasses • Hot and cold pack • Day Pack for activities • Plastic bags for wet clothes • Raincoat
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Please do not bring the following items:

- Aerosol cans
- Thongs, Ugg boots, slippers, crocs
- Outside food items
- Jewellery
- Anything valuable.

Please note that drugs, cigarettes, vapes, alcohol and weapons (incl. pocket knives) are not allowed at camp and campers found using or in possession of these items will be removed from the camp. Illegal drugs will be reported to the Police immediately.

Mobile & Electronic Devices

To support camper safety and inclusivity, electronic devices are not permitted at camp. This includes mobile phones, laptops, smart watches, tablets, gaming devices, and other personal electronic devices.

- Campers travelling to camp without their parents (e.g. plane or bus) can hand their devices to group leaders at the start of camp for safekeeping.
- All other campers are discouraged from bringing these devices; however, they can be handed to group leaders on arrival.
- Any devices found during camp will be confiscated and kept with the group leaders.
- All devices will be stored securely in a locked room and can be collected on check-out from camp.

We understand parents may wish to check in with, or speak with their child during camp, and vice versa. Campers can speak with their parents/carers at any time via the designated camp phone which is available for this purpose. Similarly, parents/carers can also contact their child via the same method.

If your child has a medical need for a device, a written request must be submitted in advance. Approval is at the discretion of The Arthritis Movement and will be confirmed in writing. Any child with a medical exemption to have their phone or device must only use it for medical purposes.

Camp Expectations

Please review and discuss the following expectations with your child before camp.

1. Be Kind and Respectful: Treat everyone with kindness and respect. Bullying, harassment, discrimination, or intimidating behaviour will not be tolerated.
2. Be Inclusive: Help everyone feel welcome and included in activities and conversations.
3. No Visiting Other Cabins: Your safety and privacy are of utmost importance. Campers are not allowed to enter any dorm room that is not their own.
4. Stay Within Camp Limits: Remain within the designated camp area and stay with your group unless given permission by camp staff.
5. Respect Nature: Dispose of waste properly, respect wildlife, and be considerate of the environment.
6. Camp Curfew: Quiet hours are from 10 pm to 7 am. Please respect these hours to ensure everyone gets a good night's rest.
7. No Vapes, Cigarettes, Alcohol or Drugs: The possession or use of vapes, cigarettes, alcohol and illegal drugs is strictly prohibited.
8. Personal Belongings: Keep your belongings secure. The Arthritis Movement is not responsible for lost or damaged personal items.
9. Room Tidiness: Keep your cabin tidy throughout your stay at camp and respect other campers' belongings and personal space.

10. Participation in Activities: We encourage everyone to join in activities. If you choose not to participate, you must remain with the group and follow staff instructions.
11. Footwear Policy: Enclosed shoes must be worn at all times outside the cabin.
12. Tell a Staff Member if You Need Help: If you feel unwell, become injured, feel unsafe, or are worried about yourself or another participant, tell a staff member immediately. We are here to help you.

Breaches of Camp Expectations

Our aim is to support campers to learn, participate and enjoy camp in a safe and respectful environment. All campers are expected to abide by the Camp Expectations throughout camp. Breaches of the Camp Expectations may result in:

- A reminder of the expected behaviours at camp
- A meeting with the Camp Coordinator to identify strategies to support positive behaviour.
- Supervised time out from camp activities
- Serious or repeated breaches of the Camp Expectations may require a camper to be picked up from camp early

The decision to remove a camper from camp is at the sole direction of The Arthritis Movement, and any required travel arrangements or costs will be the responsibility of the parent/guardian.

More information

We are looking forward to seeing you all very soon! Please refer back to Page 2 of this document for a checklist of items to be completed prior to camp and due dates.

Please don't hesitate to contact us if you have any questions, concerns, or need assistance to make the process smoother for you and your family.

We will be holding an online parent information session on **Wednesday 19 August 7-8pm**. This is not compulsory to attend; however provides an opportunity to understand more about camp and address any questions you may have.