CHAMPs
Children's Healthy-Heart Activity Monitoring Program in Saskatchewan

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Thank you to the **Western Canadian Children's Heart Network** and the **Mending Little Hearts Fund of Saskatchewan** for supporting this project!

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Overview of our Saskatchewan Programs

There are currently 2 CHAMPS Camp programs offered in Saskatchewan:

1. **Summer camp – offered since 2015**
   - Week long day camp in July
   - Held in Saskatoon at the University of Saskatchewan
   - Open for children 7-17 years
   - No fees for families to attend
2. **Fall/Winter program – offered since 2017**
   - Programming September-December & January-April
   - Biweekly camps on Saturdays
   - Held in Saskatoon at the University of Saskatchewan & in Regina at the Northwest YMCA
   - Open for children 7-17 years & 4-6 years
   - No fees for families to attend



Between these two programs, we service 2 different age groups.

➔ 7-17 years – offered since 2015
- Programming offered at all levels
- Most research studies encompass this age group

➔ 4-6 years (also known as “Junior CHAMPS”) – offered since 2021
- Limited programming offered
  - Fall/winter program
  - One day/special session during summer camp
- No research involvement at this time

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Components of CHAMPS Camp

At CHAMPS camp, our goal is to provide programming that encompasses all areas of health. The majority of our sessions focus on physical activity, physical activity participation, as well as mental wellness.

At summer camp, we are able to offer a wide range of sessions such as psychology/mental wellness, various physical activities, nutrition, heart health, learning about specific heart conditions, transitioning to adult cardiology and dental hygiene.

At our fall/winter programming, we mainly provide sessions around physical activity due to the shorter time frame. We may or may not provide psychology/mental wellness sessions as well. This is usually dependent on whether our psychology students from the University of Regina Department of Psychology are working on a related, or unrelated CHAMPS research study.

CHAMPS is unique in that campers participate in most sessions independent of their parent/guardian. However, we also offer educational sessions for parents/guardians/family members. The majority of these sessions take place during our summer camp, but we may also offer sessions throughout the fall/winter program. These sessions may include psychology, nutrition, physical activity & heart health, CPR/First Aid, etc.

Visit the links below to view some examples of sessions at CHAMPS camp. These sessions took place during our virtual camps during COVID-19 (2020-2021).

Activity Sessions - Virtual Camp
Education Sessions - Virtual Camp
Parent Sessions - Virtual Camp

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