



# 2019 Parent Orientation Guide

## Sprint Racing

[www.northbaycanoeclub.ca](http://www.northbaycanoeclub.ca)

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## About the Club

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The North Bay Canoe Club is a non-profit organization providing lessons and coaching for all aspects of flat-water canoe/kayak recreational paddling and sprint racing. The Club has been in operation in the City of North Bay since 1968. During the summer months there are many programs available for children, teens and adults of all levels and ages, including programs for youth with disabilities. Activities take place at the Club at Olmsted Beach on Trout Lake. Numerous paddlers from North Bay and surrounding areas have trained and participated in both recreational and competitive canoeing and kayaking programs that are offered by the Club. Each season, children and athletes participate in our programs, which include Canoe & Water Safety Camps, Day Camps, School Dragon Boat Challenges, Special Needs Dragon Boat and Sprint Racing Programs. Adult fitness and recreational evening programs are also offered. We promote team building, a healthy lifestyle and respect for the environment in a friendly recreational atmosphere that enhances the quality of life in our community.

We are currently a member of the Eastern Ontario Division (EOD) <http://www.ckceod.com/>, of Canoe-Kayak Canada (CKC) [www.canoekayak.ca](http://www.canoekayak.ca). Other clubs currently in EOD are Arnprior, Carleton Place, Cobourg, Gananoque, Ottawa River, Peterborough, Petrie Island, Rideau and Sydenham Lake Canoe Clubs.

The North Bay Canoe Club is also part of the CanoeKayak Ontario [www.ckosprint.ca](http://www.ckosprint.ca) (formerly known as OCSRA-Ontario Canoe Sprint Racing Affiliation). Sprint Canoe Racing in Canada is governed by Canoe Kayak Canada (CKC), <http://www.canoekayak.ca>. CKC was founded in the 1900's and is an organization made up of three distinct and self-governing disciplines; sprint racing, white water, and marathon canoe racing.

This handbook contains a great deal of information on our club, programs, safety measures, and regatta schedule for the upcoming 2018 paddling season.

## Where We Go One, We Go All!

# **Paddling Programs**

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The North Bay Canoe Club offers programs for most age groups. No previous paddling experience is necessary, and the club supplies all equipment. All participants must be registered before they are allowed to paddle, train, and/or take part in any club event. The practice schedule for each paddling program is determined by the Head Coach.

Parent involvement for underage paddlers is critical.

Things parents can do to help:

- Motivate your children to work hard at the canoe club
- Have your children recruit their friends
- Stay away from the dock and boat bays during the practice session
- Help put away the war canoe and motor boats after practice
- Prerequisite for all memberships: members must abide by North Bay Canoe Club Code of Conduct (see section 4).

## **Program Descriptions – All Age Groups**

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### **Introduction to Sprint**

Intro to Sprint Racing Camp – Weekly camps, \$160.00 – \$200.00/session

Ages 8 to 12 years old (athletes Year of Birth must be 2011 or earlier).

Weekly camps starting July 2 to August 23, Monday to Friday 9:00 am to 4:30 pm.

Drop off times and pick up times:

Drop off is after 8:30 am; Pick up is before 5:00 pm.

Intro to sprint is a weekly introductory to competitive sprint canoe-kayak program. Throughout the camp the paddlers will progress through all the basic skills of sprint paddling. Paddlers will learn about water safety rules for sprint boats, how to balance, paddle, and train in sprint kayaks and canoes. Participants will learn competition skills and rules for sprint canoe kayak, and will participate in on and off water training sessions. Periodically through the summer, there will be opportunities to attend regattas or participate in fun, racing-oriented events at the club. Enthusiastic paddlers will be encouraged to move on to the sprint racing program. Credit for fees paid are recognized should a child transfer to the full summer program.

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## Competitive Sprint Racing

### Sprint Racing Competitive program – Summer Program

**Fees:** See website

**Dates:** July 2 to August 23, Monday to Friday

**Ages:** 8 years and up (Athletes must be born 2011 or earlier)

**U14 and under/Novice:**

- 9:00 am to 4:30 pm

**U16+/High Performance:**

- 2 sessions per day (early and late); mid-day reserved for recovery and reserved for recovery and recuperation.

The Sprint Racing Competitive program is a fun introduction to a competitive environment. This program is geared towards fun, racing technique, balance and introduction to competition. While enrolled in this program, the athletes will have the opportunity to race all kinds of boats at different regattas. Participants will learn to paddle single, double, and four person canoes and kayaks, as well as war canoe. They participate in on water and dryland training sessions throughout the season. This program offers a great opportunity for beginner and experienced paddlers alike to discover the joy of working towards a goal. It provides community spirit in a fun outdoor environment.

### Spring/Fall Training

**Dates:** May – June 30<sup>th</sup>; 3 to 6 practices per week, after school and Saturday mornings.

Sept – Oct 31; 3 to 6 practices per week, after school and Saturday mornings.

This program is for Sprint program athletes with paddling experience who want to work on their technique and prepare for the upcoming season. The goals for our athletes are safety, learning, performance and fun. Spring Training is a great time to learn good technique, to learn how to become a competitive athlete and to have fun on the water after school and on weekends.

## What to Bring to Practice?

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Clothing for practices is at the discretion of the individual and/or family, but suggestions may be made by coaching staff if deemed to be inappropriate. Clothes should be tailored to weather conditions and the level of activity. With the possibility of a boat capsizing, clothes should not be of the type to absorb water to the point of limiting the ability to swim or stay afloat.

- Paddlers should bring running shoes, shorts, T-shirt, swimsuit, and a towel.
- A change of clothes is essential for the paddlers, as they will get wet.
- A hat and sunglasses are also advantageous.
- Please make sure that a waterproof, adequate sunscreen is worn at all times.
- Every athlete should have a snack and plenty of water and/or liquids for their practices.

All paddlers in the U16 group or younger must wear a PFD in the manner which it was intended while engaged in on water activities. Paddlers should clearly identify their own PFD.

## Code of Conduct & Club Rules

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This code of conduct applies to all members, parents and volunteers of the North Bay Canoe Club when participating in club activities or club-related events. Members of NBCC and other clubs, officials and spectators:

- Should be treated with dignity and respect
- Should have freedom from any form of harassment
- Members, parents and volunteers must be responsible for their own actions:
- Follow club rules
- Be co-operative with and respect the coaching staff
- Respect the decisions of the Board of Directors, including those in the posted club Policies
- Refrain from shouting, rough play, throwing equipment/objects, or horseplay on the dock
- Underage paddlers are not allowed to wander the club without the coaches' supervision
- Be courteous in the use of language and avoid using any profane, vulgar, threatening, harassing or insulting expressions
- Paddlers are to be punctual to all club activities, practices or events
- Paddlers are expected to notify coaches of expected absences from club practice or events
- Seek assistance of staff to resolve disagreements
- Maintaining a clean and safe environment is everyone's responsibility

- Show proper care for boats and paddlers, including:
  - Use of boat racks set up and post-practice cleaning
  - Two people per any boat being moved on land for Bantams and under and for any tandem boat being moved on land by any age group. Four people per four-person boat for any age group. A minimum of 14 paddlers per war canoe with coaches assistance when moving it on land.
  - Removal of sand, weeds, garbage, dirt and water from boats after races and practices
  - Refrain from pushing in sand with and paddle blade
  - Do not drop the boats on the ground
  - Careful placement of boats on racks in bays to avoid falling off
  - Careful padding and strapping of boats on trailer for travelling
- Show proper care for club property and the property of others
- Private boats are not to be used by club paddlers unless permission is given by boat owners
- Respect and abide by decisions regarding regatta entries and the crews for team boats made by the coaching staff
- Paddlers should not interfere with another paddlers race success, club paddlers are expected to encourage and support not only our club family but other clubs in the spirit of fair competition during regattas
- No drinking alcohol, smoking, or possession/use of illegal drugs under-age at the club or related events and competitions
- Drive in a safe manner to not endanger other members (on water or on land)

Violence in any form will not be tolerated: verbal and physical intimidation or assault, etc. Conduct contrary to the code above is “injurious to the club” and can lead to suspension or termination of membership privileges.

## **Guidelines for Discipline of The North Bay Canoe Club**

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These guidelines for Discipline apply to all members and volunteer of the North Bay Canoe Club for all club and club-related activities. Incidents are cumulative. Corrective action and interventions by the club that do not result in change or improvement will result in escalating consequences in the form of suspensions and finally termination of membership.

The disciplinary procedures shall include:

- 1) A verbal warning with a written record kept of the verbal warning
- 2) A written warning

3) An invitation to a documented interview with the Disciplinary Committee; in the event that the invitation is declined, a documented meeting and action by the Disciplinary Committee

4) A suspension of membership privileges for a given time

5) A termination of membership privileges

A member with paddling privileges may have his/her membership suspended and/or revoked for the neglect of safety standards of the North Bay Canoe Club. An infraction involving the refusal to comply with safety regulations shall mean an immediate suspension of membership privileges for a length of time determined by the Head Coach and or the Commodore. A member and/or his parent may appeal this suspension by requesting a meeting of the Disciplinary Committee.

A letter of warning will result from: - Verbal corrective action by staff or Disciplinary Committee being ignored

## **Code of Conduct of the North Bay Canoe Club**

Suspension from classes or competitive events will result from:

- Outright disobedience and disrespect to a staff member
- Refusal to abide by selection to team boats
- Any other action which violates the Code of Conduct upon decision of the Disciplinary Committee following a meeting to which the member has been invited to attend

For major infractions there will be an automatic suspension and possible expulsion. The police may be called. Major infractions include:

- Drinking underage
- Use of illegal drugs or possession of drug-related items
- Speeding or dangerous driving near the club or at away regattas (on water or land)
- Violence or threats of bodily harm

Members who destroy or damage club property will be required to pay the cost of repair or replacement. If fees are not paid within 2 weeks of being due, an invoice generated by the Treasurer (Copied to the Commodore and Secretary) requesting payment will be hand-delivered or mailed, notifying the member that membership privileges will be suspended in 2 weeks if the fees remain unpaid at that time. Full privileges will be restored when fees are paid in full.



## **Disciplinary Procedures of the North Bay Canoe Club**

Members of the Disciplinary Committee for the upcoming year will be made during the upcoming season. The members of the committee will also be appointed by the Board of Directors.

All members are permitted to control an immediate safety issue. Parent(s) may take corrective action for the behaviour of their own children or those who have been entrusted to their care. Concerns about the actions of other paddlers shall be brought to the attention of the coaching staff. Parent(s) are not allowed to approach the coaches until after a 24hour cool down period. All coaching staff are permitted to make a verbal warning of a disciplinary nature to any paddler. The verbal warning will be followed by a verbal report to the head coach for serious incidents. Repeated minor incidents or a major incident will be reported in writing to the Disciplinary Committee.

All members' written concerns about incidents involving paddlers, parents, general members or staff at the club or competition site will be referred to the Disciplinary Committee. Members will be encouraged to settle mutual differences between themselves, mediated by a coach or a member of the Disciplinary Committee.

If the action of a member requires a meeting of the Disciplinary Committee then the committee shall be required to meet within 15 days of a written report regarding the infraction being delivered to the Head Coach, Commodore or Board of Directors. The decision of the Disciplinary Committee must be made available in writing to the member(s) within 5 days of the meeting.

A decision of the Disciplinary Committee shall be appealed to the Board of Directors in the event that the member in question has grounds that the written Guidelines for the Discipline were not followed. The request for appeal must be given in writing to the Board within 7 days of the receipt of the written decision of the Discipline Committee.

North Bay Canoe Club is a place where all members must feel welcome and secure. Paddlers are reminded that at all times they must behave in a responsible and respectful manner that creates a positive social climate and complies with Canoe Kayak Canada Standard of Conduct Policy.

## Rowan's Law

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Recent legislation was enacted commencing July 1, 2019 impacting many competitive sports organizations including Sprint Canoe and Kayak. Known as Rowan's Law, it addresses concussion safety. Part of the requirement of Rowan's Law is signoff of a code of conduct by both athletes (or their parent/guardian) and coaches to ensure all are aware of the information provided by the Government, and will abide by the guidelines of the legislation.

Detailed documents are available from our office and will be posted on our website. Signed Code of Conduct forms being distributed and are required annually starting this season.

## Safety

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Safety issues can never be ignored in our sport. Our coaches educate paddlers on the risks, on how to avoid them and what to do if the unplanned happens. They are required to enforce the Canoe Kayak Canada Code of Safety and the regulations that follow, and paddlers are expected to cooperate fully.

- All paddlers must be accompanied by a coach when on the water. No paddler should be out of sight of a coach boat at any time.
- All paddlers, despite their swimming ability, must wear a PFD approved by life jacket from when the water/air temperature is below 8 degrees Celsius.
- All paddlers/parent(s) must inform his/her coach of any change in his/her health which may affect his/her ability to participate in the sport or which may endanger the safety of other participants.
- All paddlers/parent(s) must inform his/her coach that he/she is under the effect of any medication.

**Swimming Competency** Please note that the North Bay Canoe Club does not assume responsibility for determining a paddler's swimming competency. All paddlers should, as a minimum, be able to swim at level of the Canadian Red Cross Swim Kids level 6. Abilities include ice safety awareness, recognizing a swimmer in trouble and how to throw a buoyant device to assist the swimmer, maintain surface support by treading deep water for 1 minute and 30 seconds, practice front dive, must be able to swim front and back crawl and must be able to swim a distance of 75 meters.

Club policy requires paddlers aged 15 and under to wear a life jacket at all times. For anyone aged 16 and over, a life jacket is optional (except when cold water condition regulations are in effect or directed by the coaching staff). Life jackets are available for everyone's use. If you wish your child/ward aged 16 and over to wear a life jacket or life belt at all times, let his/her coach know. However, it is your obligation to give his/her that directive.

Managing a Capsized boat (small boat) Should a small boat tip, paddlers must:

- Turn the boat over so that it is in the upright position.
- Find paddle and any other equipment that may be floating in the water and place in the boat.
- Hang onto the boat and wait for help o Hang onto the boat and hand paddle and kick his/her way to shore. Never try to take a kayak out of the water when it is full of water! To empty the water from a boat,
- First turn the kayak right side up.
- Push down on the nose, letting as much water run to the front of the boat as possible.
- Pick up the nose of the boat and quickly turn it upside down, letting the water run out of the cockpit.
- Repeat this procedure two or three times. Crews of war canoes must use the “buddy system”. In other words, each paddler must identify a “buddy” at the start of the practice. In the event of a tip, each paddler must find their buddy. REMAIN CALM!!!

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## Care of Boats and Equipment

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The Club has a wide range of canoes and kayaks and associated equipment to meet the needs and abilities of all the participants. Please treat with care. Paddling equipment is expensive to replace. We all know that a boat in good condition is a pleasure to use and will go faster. Coaches will determine the appropriate boat for paddlers to use. Coaches will also instruct each paddler on the care of boats and equipment before and after use.

### Using Boats and Equipment

- Ask a coach if you are not sure on how to carry your boat and place it in the water.
- Two people, especially if Bantam aged or new paddlers are required to transport single boats.
- Larger boats always require a minimum of two people carrying them.
- K-4s are to be carried by three people and by the cockpits, not by the bow or stern.
- War canoes require a combined effort by all its paddlers to get it in and out of the water.
- Handle paddles carefully. Don't throw them. Don't lean on them. Don't grind them into the ground.
- Floorboards are required in all wooden C boats.
- All wing nuts, foot rests, and seats must be left in the correct boat.
- Do not stand up in a boat.

### **After Using Boats and Equipment**

- Dry off your boat before placing it on its storage rack. This applies to both wood and plastic boats. A wet plastic boat can drip onto a wooden boat below causing dry rot.
- Return boats to their designated spot.
- Replace paddles after use in the appropriate rack. Paddles left on the ground or dock could get broken or cause a fall for someone carrying a boat.
- Boat covers left on the ground pick up dirt and sand which scratch a boat's finish. Make sure covers are hung up or rolled and placed in an appropriate spot off the ground.
- All other equipment should be returned to its proper storage place. This includes life belts, life jackets, buns and floorboards.
- Report any damage at once to your coach.
- Paddlers are to notify a coach if they see equipment left outside or being abused in any way.

### **Privately Owned Boats and Equipment**

Some paddlers have purchased their own boats, floorboards, paddles, buns, lifebelts, etc. These are marked accordingly and should not be used without the owner's permission.

Privately owned boats and equipment are the responsibility of the individual and equipment stored at the club is done at your own risk. The North Bay Canoe Club is not responsible for loss or damage to any privately-owned equipment. You must carry your own insurance on these boats.

## **Regatta's/Competition**

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A regatta is a competition among clubs comprising of a number of different races based on gender, age and the number of competitors in each boat. Most of the clubs within the EOD, host a regatta each summer. The Eastern Ontario Divisional Championships serves as a catalyst in terms of qualifying for further competitions in the latter stages of the paddling season. Competition expenses such as travel, accommodation etc. are the responsibility of each participating athlete and/or their family.

The competitive paddlers are involved in regattas held on most Saturdays, sometimes on Saturdays and Sundays, culminating with the National Championships in late August. Races are 200m, 500m, and 1000m in length. They are organized by age groups, with men competing against men and women competing against women, in kayaks or canoes, in K1s, K2s, K4s, C1s, C2s, C4s and war canoes.

Age groups are determined by the competitor's age by January 1st of each year.

U10 — under 10 years of age as of January 1st, 2019

U12 — under 12 years of age as of January 1st, 2019

U14 — under 14 years of age as of January 1st, 2019

U16 — under 16 years of age as of January 1st, 2019

U18 — under 18 years of age as of January 1st, 2019

Younger racers can and often do compete at higher age groups. Age class of team boats is based on the age of the oldest athlete in the boat.

Please refer to the regatta schedule attached, which is also posted on our website. ([www.northbaycanoecub.ca](http://www.northbaycanoecub.ca)). Coaches will discuss with the paddlers on which regatta they will attend. A permission form will be sent home with a paddler to be returned on a specified date. With this information, the coach can confirm who will attend the regatta and plan crew entries. If the permission form has not been returned to the coach, another paddler will then be asked to take their place. Paddlers should make sure they attend all regattas for which they indicated they were available. Absences can disrupt crews with which a paddler has been training and may even mean a full crew is not available and the entry must be scratched. Such a situation is disappointing and frustrating for fellow paddlers and coaches. Please let one of the coaches know as soon as possible if any new plans interfere with regatta attendance.

## 2019 Eastern Ontario Division Regatta Schedule

19-Jun-19

Date	Event	Location	Off.	U10	U12	U14	U16+	Mas.	Para	Special Olympics	Open	Fee
Jan 31-Feb 3	Ontario Team NextGen Training Camp	Gatineau, QC										
Feb-03	Winter OCup - Ski Loppet	Gatineau, QC										
Mar 10-Apr 7	Ontario Team NextGen Training Camp	Homosassa, FL										
May 10-12	National Team Trials #1	Montreal, QC										
May 10-12	NCCP Competition Development Part 2	Montreal, QC										
May 23-26	World Cup 1	Poznan, Poland										
May 30-Jun 1	World Cup 2	Duisburg, Germany										
Jun 1-2	OCup - Ontario Team Trials	Welland										\$150
Jun 15-16	OCup - Spring Sports Camp	Mississauga										\$130
Jun 20-23	Tim Hortons Ottawa Dragon Boat Festival	Rideau/Ottawa										
Jun 21-23	National Team Trials # 2	Dartmouth, NS										
Jun 29-Jul 7	Ontario Regatta Team Tour	Rideau/Ottawa										
Jun 29-30	Canada Cup 1 / Canada Day Regatta	Rideau/Ottawa										
Jul-06	Gananoque Regatta	Gananoque										\$10
Jul-07	Masters Regatta (includes U15-Junior)	Rideau/Ottawa										\$25
Jul-12	Friday Fun Regatta #1	Rideau										
Jul-13	Carleton Place Regatta	Carleton Place										
Jul-20	North Bay Regatta - Day 1	North Bay										\$15
Jul-21	North Bay Regatta - Day 2	North Bay										\$15
Jul-26	Friday Fun Regatta #2	Rideau										
Jul 27-28	EOD Qualifiers/Championships	Rideau										
Aug 1-4	ICF Junior & U23 World Championships	Pitesti, Romania										
Aug-09	Friday Fun Regatta #3	Rideau										
Aug-10	EOD Qualifiers/Championships - Day 1	Sydenham										
Aug-11	EOD Qualifiers/Championships - Day 2	Sydenham										
Aug-17	OCup - Ontario Championships - Day 1	Rideau/Ottawa										\$35
Aug-18	OCup - Ontario Championships - Day 2	Rideau/Ottawa										\$35
Aug 21-25	ICF Senior World Championships	Szeged, Hungary										
Aug-24	Rideau Dragon Boat Festival	Rideau/Ottawa										
TBD	Olympic Hopes Regatta	TBD										
Aug-24	PICC Fun Regatta	Petrie Island										
Aug 27 - 31	CKC National Championships	Regina, SK										
Sep-01	CKC CANMAS	Regina, SK										
Sep-21	Ottawa River Paddle Challenge	Ottawa River										
Sep-28	Falpalooza	Carleton Place										
Oct-06	OCup - Long Distance	Ottawa										\$20
Oct 25-27	Ontario Team NextGen Training Camp	Welland										
Dec TBD	Ontario Team Training Camp	CSIO/Mississauga										
Dec 8 or 15 (TBD)	Winter OCup - Winter Cup Swim Meet	Toronto										Free
Jan 30-Feb 2, 2020	Ontario Team Training Camp	Gatineau, QC										
February 2, 2020	Winter OCup - Ski Loppet	Gatineau, QC										

## Crew Selection

This season crew selection will be based on crew boat time controls and regatta times. Boat selection is based upon the speed of athlete in the crew boat, with the goal being to create the fastest boat, which is not necessarily composed of the fastest individual athletes. Coaches also have the ability to use their discretion, based on attitude, attendance, work ethic or any other variable the coaches deem important. These decisions will be made by the team of coaches to ensure an unbiased selection. At the beginning of the summer athletes will be practicing in

many crews and boats and this will allow coaches to evaluate crews and make the fastest crews according to the time controls. It will also be a great learning experience for athletes.

## **What to Bring to a Regatta**

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Regulation wear for regattas consists of a NBCC racing singlet, which may be purchased from the club. Everyone is required to have one.

Most regattas will offer a BBQ and a snack bar (for fundraising) where you can buy a lunch. Nonetheless, these are usually geared towards the spectators. You should pack food that is quick to eat, easily digested and healthy (e.g. fruit, granola bars, bagels and lots of water or Gatorade). We do not encourage drinking pop or eating junk food as these do not help on-water performance.

### **Checklist of things to bring**

- Your NBCC racing singlet
- A life jacket – club provided
- Healthy food and drinks (including lots of water!)
- Sunglasses, sunscreen and hat
- Shoes, sandals, and extra dry clothes
- Towel
- Lawn chairs, blanket, binoculars, cameras (for parents)
- Rain gear
- Plastic sheet for the ground
- A couple of dollars to purchase the regatta program (schedule of races)

# Types of Regattas

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## **Inter-Club Regattas**

Paddlers compete locally against other clubs in the EOD Division at regional inter-club regattas held on most Saturdays during the month of July. The other clubs include Carleton Place, Rideau, Sydenham Lake, Gananoque, Ottawa River and Petrie Island. Clubs attending these regattas compete for points to determine the winner of that particular regatta, but there is not ongoing accumulation of club standings or performance requirements to qualify for subsequent competitions

The Inter-Club regattas are:

Carleton Place – July 12, 2019

North Bay – U14 and under July 20; U16+ July 21

## **EOD Qualifying Trials (U16+): July 27-28, RCC (Ottawa)**

EOD qualifying trials serve as qualifying races for Provincial and National Championship regattas. All clubs are required to provide volunteers.

## **EOD U14 Championships and Provincial Qualifiers: Aug 10-11, (Sydenham Lake)**

EOD Championships is at Sydenham Lake Canoe Club. Medals are awarded at this regatta. All clubs are required to provide volunteers.

This regatta also serves as the qualifier for entries to Ontario Championships, U12 and U14.

## **Ontario Championships: (U12/U14/U16), Aug 17-18, RCC (Ottawa)**

The first four winning boats in a final race at the EOD trials (U14 to U18) will compete at the Ontario Championships. This regatta is held at a venue in Ontario and this year will be held in Rideau.

Historically, the next 4 boats are entered directly into a B-Final at Ontario Championships.

## **National Championships (U16 and older)**

The first four winning boats in a final race at the EOD trials (U16 to U18) will compete at the National Championships. Clubs attend from all over the country. In the past the Nationals have been held in Dartmouth, N.S.; Whistler, B.C.; Lac Beauport, Quebec; Montreal, Ottawa, Welland; and this year will be held on Lake Wascana, in Regina, Saskatchewan.



## **Entry Fees**

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There are entry fees for all championship regattas. NBCC will pick up all race fees with the exception of any provincial or national team trials. Scratch fees incurred without valid reason will be the responsibility of the individual(s) at all competitions. Racing fees for all regional, provincial and national club events are now included in the cost of registration.

## **Regatta Transportation**

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Prior to each regatta, the coaching staff will discuss with the paddlers which age groups and individuals will be competing. A regatta schedule listing races and crews will be posted at the club a couple of days before the regatta. It would be much appreciated if parents driving to a regatta could arrange, if possible, to transport other competitors who may need a ride. Maps to the regatta site will be made available.

Wherever possible, parents are expected to attend out of town regattas to supervise their paddler(s). Where this is not possible, prior arrangement must be made so that a guardian is appointed and held responsible for a paddler and the coach(s) is informed of the arrangements. We encourage families to join the Club contingent at as many regattas as possible. The events and locales make for an enjoyable family vacation or a day's outing and paddlers need all the supporters possible to cheer them on.

When an overnight stay is required, group accommodation, usually in a moderate price range, will be arranged. Every effort will be made to provide details of transportation and accommodations in a timely manner. Advance approval for a paddler to attend an out of town event will be requested so that reservations may be confirmed.

## **FUNDRAISING**

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The Club is a non-profit organization whose expenses are considerably higher than Club registration fees. We try to keep our membership fees at a reasonable level with the efforts of members through various methods of fundraising. Fundraising activities also help to maintain operations and to provide professionally coached programs and up-to-date competitive equipment. In order for the success of the Club to continue, involvement by parents and paddlers is essential and is a condition of membership. Commitment to assist and participate in a fundraising event(s) will be requested from each paddler family.

All of these organizations (CKC, EOD, CKO-Sprint) have membership and/or club registration and insurance fees. NBCC covers the costs of these for our members. The average cost per (sprint racing) paddler is approximately \$55.

## **VOLUNTEER REQUIREMENTS**

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As an organization relying heavily on total participation, a commitment of 15 hours per family with one or more members is required. Various opportunities are available to meet this commitment, including helping with the North Bay regatta, fundraising, etc.

Athletes are expected to perform some tasks as part of the team, such as boat-loading for regattas. These do not count towards family volunteer commitment.

## **Club History**

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The North Bay Canoe Club was founded 50 years ago in 1968 by Jean and Terry Evans. Terry was an Olympic canoeist and wrestler.

During the summer months there are many programs available for children, teens and adults of all levels and ages, including programs for youth with disabilities. Activities take place at the Club at Olmsted Beach on Trout Lake. Numerous paddlers from North Bay and surrounding areas have trained and participated in both recreational and competitive canoeing and kayaking programs that are offered by the Club. Each season, children and athletes participate in our programs, which include Canoe Kids Camps, School field trips, Special Needs Dragon Boat and Sprint Racing Programs. Adult fitness and recreational evening programs are also offered. We promote team building, a healthy lifestyle and respect for the environment in a friendly recreational atmosphere that enhances the quality of life in our community.

North Bay is proud to have been well represented at the Olympics, World Championships, Provincial Championships, National Championships, Pan American Games and other events over the years by members of the North Bay Canoe Club. Local paddlers representing Canada internationally include Nancy and Barb Olmsted, Alison Herst, Julie Rivard-Marshall, Dan Howe, Scott Kerrigan, Graham Cobb and Geoff Hibbard, all of North Bay. It is estimated that in excess of 5,000 local youth paddlers have been introduced to paddling and have trained and participated in various canoeing and kayaking events in our city. The North Bay Canoe Club has always been self-supporting through the efforts of many dedicated volunteers and relies on community support to provide all of its programming.

## Club Administration and Directory

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<u>Position</u>	<u>Name</u>
Commodore	Edward Hong
Vice Commodore and Director Of Technical Services	TBD
Vice Commodore of Paddling	Sharon Goldthorpe
Treasurer	Bernie Vierich
Director and Administration/Secretary	Shannon Murray
Director	Rayna Bethune
Website/Electronic Communications	Edward Hong
Fundraising	TBD

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## Drop Off and Pick Up Policy

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Your child's coach must be notified if an unauthorized person will be picking up your child. Verbal or written permission must be received before we will release a child to anyone who is not authorized on the registration form. We will not allow your child to leave with an unauthorized person without previous permission. This is for the safety and protection of your child.

Authorized individuals must be prepared to present valid identification to pick up a child upon request. I authorize the following individuals to pick up my child from the childcare:

1. Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

2. Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

3. Name: \_\_\_\_\_ Phone#: \_\_\_\_\_

If an unauthorized individual comes to pick up my child from child care, I can be contacted at this phone number: \_\_\_\_\_

All parents and guardians must make sure that a staff person recognizes that the child has been dropped off or is being picked up from training.

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date

If your child has permission to leave the club premises on their own (i.e. walk or bike home) please sign here:

\_\_\_\_\_

Parent Signature

\_\_\_\_\_

Date



## Permission Form: Carleton Place Regatta

**Event Name:** Carleton Place Regatta

**Event Location:** John St, Carleton Place, ON K7C 3P3

**Event Date:** July 13

**Due:** ASAP

We, \_\_\_\_\_ (Parents/Guardians) hereby give permission for our son/daughter  
\_\_\_\_\_ to attend the above regatta

By signing this form, I have read and agree with the information and conditions as stated on this participation form and agree to pay the required regatta costs. By signing this form, I (the paddler) also agree to abide by the North Bay Canoe Club Code of Conduct while at this event.

By signing this form, we (the parents/guardians) confirm that the above named paddler has permission to participate at this racing event.

Parent/Guardian Signature: \_\_\_\_\_

Signature of Paddler \_\_\_\_\_