

Intro to Sprint Racing Camp – COVID-19

NOTE: Although some COVID-19 related information is provided in this program description. Please see the [NBCC COVID-19 Return to Paddling Policies](#) for detailed instructions and rules.

In 2020 this week-long camp program has been modified to introduce participants to competitive sprint racing in daily, 3-hour sessions . Paddlers will learn how to balance, paddle, train and race in sprint kayaks and canoes based on Canoe Kayak Canada’s “Regatta Ready” program. Participants will learn sprint canoe/kayak competition skills and rules while participating in daily training sessions. Enthusiastic paddlers will be encouraged to move on to the Sprint Racing program for the remainder of the summer and all camp fees will be deducted from the Sprint Racing fee.

To reinforce safe paddling skills, all participants are required to wear life-jackets or PFDs any time they are on the water. Similarly, NBCC has developed COVID-19 policies and protocols to comply with the Government of Ontario’s [COVID-19 Guidance: Summer Day Camps](#) requirements.

Program Hours:	1:00 pm to 4:00 pm, Monday to Friday excluding Holidays
Drop off/Pick up:	To minimize idle time and comply with Canoe Kayak Canada recommendations, participants must be dropped off no more than 15 minutes before the start of each session and picked up no later than 15 minutes after the end of each session
Ages:	Born in 2011 to 2007
Fee:	\$100.00 per week \$80.00 per 4-day Holiday week.

Things to Bring:

Participants are advised to provide their own government-approved Personal Floatation Device. NBCC will assign a PFD if necessary and the camper must use only that PFD for the day or week needed. All NBCC PFD’s will be cleaned with a disinfectant cleaner after each morning and afternoon session.. Children should be prepared for all types of weather. Here are a few things we recommend they bring with them daily:

- ✓ Backpack (Instructors will take them to and from the change rooms, access to change rooms will be limited to NBCC staff and critical change needs)
- ✓ A hat, shorts, T-shirt and at least one change of clothes. Clothing should be comfortable, loose fitting and preferably made of quick drying fabric (they do get wet!)
- ✓ Swim suit & towel
- ✓ Running shoes for dryland activities if weather conditions do not permit on – water instruction

- ✓ Sunscreen and insect repellent, ideally applied at home before arriving at the canoe club. Children must be independent in their ability to apply sunscreen / insect repellent, change clothes and washroom personal hygiene.
- ✓ Snacks, water bottles and all personal belongings must be kept in back packs and not handled by anyone from other cohorts
- ✓ Washrooms are available if necessary but children are encouraged to use the washroom at home before leaving for camp to minimize use.