



2019
MEMBER
HANDBOOK

Welcome to Abenaki!

WELCOME TO ABENAKI

Our Board of Directors and staff would like to welcome you to Abenaki. Our paddling club has been a fixture in the Bel Ayr Park community since the early 1970's. We are run by a small Board of Directors who volunteer their time to keep Abenaki up and running. We are parents just like you and will do our best to be fair, honest and respectful while trying to maintain a safe, disciplined and financially stable club.

As we are a Non-Profit organization, we will be asking for your help on occasion. We may hold fundraisers, such as 'Pizza Days', 'Barbecue Days' and Dances. These are all great ways to support the club (and it's nice not having to pack a lunch in the morning!). All funds raised will be used to buy new boats and equipment as well as go towards general maintenance/improvements to our club.

Throughout the summer, there will be 'Fun Days' which will inevitably create many great summer memories! Our staff goes all out to plan a day of games, competitions and just silly fun. Although we are a competitive club, a bit of unstructured fun goes a long way to adding to an already enjoyable summer. Summer ends with our Gala where many well-deserved awards are handed out. This night is for parents and kids alike and caps off what we hope will have been an amazing summer.

Our coaches and staff do their very best to make it a safe and happy summer for all, however incidents may occur that are out of our hands. Please talk to your children about the dangers of leaving the Abenaki property without permission, especially going down to the 'rope area' (located beyond the swim docks-not sanctioned by the club) or swimming the lake on their own. No one wants to remember the summer for the wrong reasons.

Please review the information in this package, particularly the 'Codes of Conduct'. These guidelines are put in place to ensure a safe and fun summer is had by all. While many of our lifeguards, coaches and staff are teens and young adults, they are well trained and deserve the same respect you would give to your child's teachers and other coaches. We are all valued members of Abenaki!

If you are new to Abenaki, we are confident that you will have the best summer ever! If you are returning for another year, welcome back! Here's to making summer memories that last a lifetime!

Wishing you a safe and happy summer,

Your Abenaki Board

ABENAKI - GENERAL INFORMATION

- **HISTORY:** Abenaki opened in 1970 & is a non-profit, member-only facility run by a Volunteer Board.
- **HRM BY-LAW:** Any child under the age of 12 before July 1 of the current year must be supervised by a parent/guardian/caregiver. **NO EXCEPTIONS.** During lesson times they will be supervised by Abenaki Staff but do require their parent/guardian/caregiver to remain on site during those times.
- **CLUB HOURS:** We are open seven days a week during the months of July & August. (Monday to Friday, 9am-8pm & Weekends/Holidays, 1pm-6pm).
- **MEMBERSHIP PRIVILEGES:** During the week, pleasure boats are available for general member use once programs have finished for the day (5:30-8pm). Lifeguards remain on duty daily, 10-8pm Monday to Friday and 1-6pm weekends/holidays. During weekend/Holiday hours pleasure canoes & kayaks are available for use during open hours. No racing boats/boats with rudders are available. **During evenings & weekends ALL paddlers must wear life jackets (available to borrow in the boathouse) & are to remain in the area between the boathouse & swim dock, unless accompanied by an adult given that no safety boat is on the water during these hours. Safety is our top priority!**
- **PAYMENT:** Full payment must be received by June 13 of the calendar year to ensure participation & to consider registration complete. Only members in good standing may represent Abenaki in events/regattas. Participation will be suspended for any accounts in arrears. There will be a \$50 NSF fee. No refunds will be issued if a registrant withdraws from a program because of disciplinary issues or by personal choice. If a registrant withdraws for medical reasons, a physician's note must be provided and will be subject to the approval of the Abenaki Board of Directors. CKC Fees and equipment sales are non-refundable under any circumstance.
- **VISITOR PASSES:** Each Family Membership receives 3 complimentary visitor passes & Single Membership receives 1 complimentary visitor pass, to be used at their discretion. Once these complimentary visitor passes are used you may purchase additional visitor passes for a fee (\$20/Family, \$10/Person). The same individual(s) may enter the club with a visitor pass up to 7 times after which they will be asked to purchase a membership. **Please visit the canteen to register your visitors/purchase visitor passes.**
- **CANTEEN:** The Abenaki canteen is open during the week from 10am-3pm. You can set up a tab for your child/family if you prefer not to travel to the lake with cash. Simply visit the canteen to set up a tab or do so at registration. **Please note that no credit will be extended if the tab runs out and that cash will not be issued from the tab.** Buns/blocks/belts/singlets & headbands will be available for sale from the canteen.
- **VALUABLES:** While we do our best to keep our club safe, we are not responsible for any items lost or stolen on our property. We recommend leaving valuables at home. We suggest labelling your child's belongings. Check out our lost & found to your left as you enter the club gates.
- **PARKING:** Please adhere to parking signage both on and off our property. **There is no unauthorized parking, turning or drop offs/pick ups in the driveway.** The driveway must remain clear for quick access to the club by emergency vehicles if needed. Nobody wants to end a great day at the lake with a parking ticket!
- **RESPECT:** Respect our club property as well as our Abenaki neighbours and their properties.
- **QUESTIONS/CONCERNS:** We ask that you please direct concerns/questions to our Manager, Head Coach or Head Lifeguard. If resolution is not possible, please feel free to contact the appropriate Board Member via email, rather than approaching them at the lake. Our Board of Directors are volunteers who dedicate 12 months preparing the club for opening and keeping it open and therefore value their time off with their children at the lake. That being said, your feedback is important to us!
- Visit us at www.abenakiclub.org, [@abenakiaquatic](https://twitter.com/abenakiaquatic) or follow us on Facebook!

ABENAKI 2019 - REGATTA INFORMATION

- **WHAT IS A REGATTA...**A regatta is an organized series of boating races where clubs compete against one another. Regattas are held for each age group throughout the summer, hosted by various local clubs. These generally take place over the course of a weekend (or weeknight for U10, or "Atom" paddlers) and offer a great chance for club members to come together.
- **REGATTAS ARE VOLUNTARY...**All paddlers are welcome, and encouraged, to participate in Regattas but this is not required. Together with their coach they can decide whether or not they wish to give it a try. We highly recommend the experience!
- **PLANNING...**The regattas require a lot of planning by the coach and the Atlantic Division so if you inform your coach that you will be participating please make sure to follow through with this commitment. This includes showing up for practices as well as on the day of the regatta. The final schedule for the regatta is posted on the ADCKC website one to two days before the regatta-though changes are possible up to the night before. It can be helpful to print a copy of the schedule ("Draw") on the morning of the regatta and bring this with you so you can follow along throughout the day.
- **BE PREPARED/BE ON TIME...**Make sure your child comes to the regatta prepared for a full day. Regattas usually run from 8:00am-4:00pm. (exception: U10 regattas run on weekday evenings from 4-7pm). Paddlers should arrive at least one hour prior to their first scheduled race time & report directly to their coach at the designated club viewing spot.
- **WHAT YOU WILL NEED TO COMPETE...**
U10 - ABENAKI HEADBAND, BUN & LIFE JACKET
U12/U14/U16 - ABENAKI SINGLET, BUN or BLOCK & LIFE JACKET
ALL AGES - TOWEL, SUNSCREEN, HAT, CHANGE of CLOTHES, SNACKS & LUNCH. Note: Many host clubs will have their canteens open for business or will hold fundraising BBQs throughout the regatta. Some also provide the opportunity to purchase personalized regatta memorabilia on site (t-shirts, etc.).
- **BEHAVIOUR...**Keep in mind that paddlers are representing Abenaki and are expected to act in a respectful manner toward their coaches, teammates, other paddlers, officials and parents.
- **BOAT LOADING/UNLOADING...**Paddlers are expected to assist in loading/unloading boats at the start and end of the regatta...many hands make light work! Families are always welcome to help. Speak to your child's coach to see when help is required.
- **REGATTA DATES...**Please refer to the ADCKC website for regatta dates:
<http://adckc.ca/Regattas/Regatta-Schedule>

GO ABENAKI!!

WHAT WILL I NEED AT ABENAKI?

****Certain items are required for program participation and are clearly indicated below****

SUGGESTED BASICS:

- Towel
- Sunscreen
- Hat
- Sunglasses
- Running shoes
- Water bottle
- Lunch, snacks or money for the canteen, or canteen tab
- Goggles
- Swim mask
- Water wings
- Life jacket
- Buckets/water toys for beach area (no large ride-on inflatables are permitted inside the supervised swim area due to space limitations. Small flutter boards/wave boards are permitted.)

REQUIREMENTS FOR PADDLING:

Novice (Ages 4-7)

- Life jacket

U10 Atom

- Life jacket
- Abenaki Racing Headband for Regatta participation
- Bun **or** block for kneeling in C-boats
- Sneakers or shoes suitable for dry land training (running, etc.)

U12 Peewee / U14 Bantam / U16 Midget

- Life jacket
- Singlet for Regatta participation
- Bun **or** block for kneeling in C-Boats
- Sneakers or shoes suitable for dry land training (running, etc.)

U18 Junior

- Life belt
- Singlet for Regatta participation
- Bun **or** Block for kneeling in C-Boats
- Sneakers or shoes suitable for dry land training (running, etc.)

BUNS, BLOCKS, LIFE BELTS & SINGLETS will be available for purchase at our Open House and from the canteen once the club opens for the season. Please check website for pricing.

LIFE JACKETS are available for purchase from local stores carrying sporting goods such as: Canadian Tire, Sportcheck, MEC, Walmart, The Trail Shop etc. & range in price from \$25-\$100+.

SOME USEFUL PADDLING TERMS/DEFINITIONS...

K-BOATS:

Refers to a specially designed flat bottom Kayak. Paddlers (or 'kayakers') are seated to paddle in this boat. A double ended paddle is used in this boat type. There are the following 'K' boats: K1 (1 person); K2 (2 person); K4 (4 person).

C-BOATS:

Refers to a specially designed flat water Canoe. Paddlers kneel on one knee in this boat. A single ended paddle is used in this boat type. There are the following 'C' boat types: C1 (1 person); C2 (2 person); C4 (4 person); C15 (War Canoe).

COX:

Steersperson and Captain in a War Canoe.

WAR CANOE:

A 15-person Canoe which can consist of an all male/all female/or mixed team. The team is led by a Coxperson.

BUN:

A round cloth, cork-filled sac used to kneel on in 'C' boats.

BRICK/BLOCK:

A contoured block of dense foam used for kneeling in 'C' boats. This is cut to accommodate an individual paddlers knee.

SINGLET:

A racing shirt which must be worn by all paddlers when competing in any Regatta, this identifies the club to which they belong.

LIFE BELT:

A personal floatation device worn around the waist to assist in floatation should a paddlers boat tip. Worn by paddlers at the U15 level and above. This is a requirement for paddlers at the U15 & U17 level per Canoe Kayak Canada (CKC).

LIFE JACKET:

A personal floatation device worn on the upper body to assist in floatation should a paddlers boat tip. This is a requirement for paddlers at the U10, U11, U13 level per Canoe Kayak Canada (CKC).

ADCKC:

'Atlantic Division Canoe Kayak Canada' - this is the governing body for Atlantic Division Paddlers. It operates under the National governing body 'Canoe Kayak Canada or 'CKC'.

REGATTA:

A series of boat races.

ABENAKI - CLUB COMMITMENT

Club Commitment allows Abenaki members to assist in the upkeep & season prep of the club.

****New in 2019**** The Club Commitment Fee is \$75/Membership (Family or Single) & is included in the advertised Membership Fee Pricing. This fee is payable upon registration.

Every member is provided the opportunity to have this \$75 fee refunded in full by August 30 of the calendar year provided six (6) hours of pre-approved volunteer time is completed at the club (see below for approved volunteer job options/descriptions).

CLUB COMMITMENT VOLUNTEER JOB DESCRIPTIONS:

"CLUB COMMITMENT DAYS"

- Please visit our website for 'Club Commitment Day' dates & times.
- Simply come to the club, sign in (or time may not be credited) & be ready for physical work! Sign out when finished.
- Bring your shovels, rakes, wheelbarrows, old clothes, good footwear and good spirit!
- Jobs may include painting, raking sand/gravel & tidying the boathouse (just to name a few).
- Any member of your family over the age of 12 is welcome to contribute, we discourage children under 12 from accompanying you as there is the potential for injury.

"GATE SECURITY CHECKS"

- Shifts are available everyday, including weekends & holidays. We will provide sun shelter too!
- Weekday shifts: 6 hour shifts (10-4pm) or 3 hour shifts (10-1pm, 1-4pm or 5-8pm). Weekends/holidays: 3 hour shifts (1-4pm).
- Sign up will be on a first come, first served basis & will be available at both our in-person registration & via email: abenakimembership@gmail.com
- This job will include sitting at the entry gate with a master list of members & verifying members as they enter the club. This helps to secure our private, members-only club.

"SAFETY BOAT SCHEDULE"

- During regattas, safety boat operators require a second person on board with them to patrol the waters and assist paddlers as needed...no boating experience is required...and is a great way to view the races!
- Please visit our website for available safety boat dates.

"SPECIAL TRADES/SKILLS"

- If you have a special skill to offer (electrical/plumbing/fibreglass repair/carpentry etc.) please contact the club via email (abenakiaquatic@gmail.com), as we are always in need of skilled tradespeople and this may satisfy your club commitment requirements.



SAMPLE COPY

Parental Code of Conduct

- I will not behave negatively and I will treat managers, coaches, board members, officials, opposing parents and opposing paddlers with respect.
- I will learn the rules of the sport, and the skills employed by each age group. I will not insist that I know better than the coaches and ADCKC rules.
- I will encourage good sportsmanship by demonstrating positive support for all paddlers, coaches and officials
- I will never use profanity or derogatory terms
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child participate in a safe manner and listen to their coaches
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I acknowledge that all children must be actively supervised until the age of 12
- I will only take photos of my own children, unless I have the permission of other parents
- I will remember that Abenaki is run by a volunteer board and that their time with their children is not time for you to have them deal with your private concerns. Please email with any issues.

Failure to meet these criteria will result in discipline from the Club.

There will be one warning sent via email and confirmed via phone call from the manager.

In the case of a second incident it will be sent to the discipline committee and they can choose to recommend removal from the club for the family and/or member.

I, _____ have read and reviewed these codes of conduct with my family/paddler (_____). I understand that failure to comply with these codes of conduct could result in the cancellation of the membership without refund.



SAMPLE COPY

Paddlers/Swimmers' Code of Conduct

- I accept responsibility for my participation and I will not engage in activities to disrupt the coaching environment.
- I will practice and encourage appropriate sports conduct from fellow paddlers, swimmers, coaches, officials and parents at every regatta and practice.
- I will never yell at, argue with, or treat anyone with disrespect. I will not use, nor permit, profanity. I will lead by example.
- I will treat my coaches, other paddlers/swimmers, officials and spectators with respect and I will expect to be treated in the same manner.
- I will attend every practice and regatta that I can, and I will notify my coach if I cannot. I will do my very best to listen and learn from my coaches.
- I will treat (Abenaki) property and equipment with respect at all times. I will be held responsible for any intentional damage caused by my actions.
- I will remember that participating in sports is an opportunity to learn and have fun.

Failure to meet these criteria will result in discipline from the Club.

There will be one warning sent via email and confirmed via phone call from the manager.

In the case of a second incident it will be sent to the discipline committee and they can choose to recommend removal from the club for the member and/or family.

I, _____ have read and reviewed this code of conduct. I understand that failure to comply with this code of conduct could result in my removal from the club.

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>OPEN JUNE 28,29,30 1-6pm</p>	<p>1 CANADA DAY HOLIDAY OPEN 1-6pm</p>	<p>2 PADDLING BEGINS NOVICE BEGINS SWIM SESSION 1 BEGINS OPEN 9am-8pm</p>	<p>3 OPEN 9am-8pm</p>	<p>4 OPEN 9am-8pm</p>	<p>5 OPEN 9am-8pm</p>	<p>6 OPEN 1-6pm</p>
<p>7 OPEN 1-6pm</p>	<p>8 OPEN 1-6pm</p>	<p>9 OPEN 9am-8pm</p>	<p>10 OPEN 9am-8pm</p>	<p>11 OPEN 9am-8pm</p>	<p>12 SWIM SESSION 1 ENDS OPEN 9am-8pm</p>	<p>13 U12 REGATTA LAKE BANOOK OPEN 1-6pm</p>
<p>14 U14 REGATTA LAKE BANOOK OPEN 1-6pm</p>	<p>15 OPEN 9am-8pm</p>	<p>16 SWIM SESSION 2 BEGINS OPEN 9am-8pm</p>	<p>17 OPEN 9am-8pm</p>	<p>18 OPEN 9am-8pm</p>	<p>19 OPEN 9am-8pm</p>	<p>20 SWIM TEAM COLBY MEET OPEN 1-6pm</p>
<p>21 OPEN 1-6pm</p>	<p>22 OPEN 9am-8pm</p>	<p>23 OPEN 9am-8pm</p>	<p>24 U10 REGATTA ABENAKI 4pm OPEN 9am-8pm</p>	<p>25 OPEN 9am-8pm</p>	<p>26 SWIM SESSION 2 ENDS OPEN 9am-8pm</p>	<p>27 SWIM TEAM WAEG MEET OPEN 1-6pm</p>
<p>28 OPEN 1-6pm</p>	<p>29 OPEN 9am-8pm</p>	<p>30 OPEN 9am-8pm</p>	<p>31 NOVICE ENDS (JULY SESSION) OPEN 9am-8pm</p>			
<p>Notes:</p> <p>**Please check www.adck.ca for possible changes to Regatta dates</p> <p>**Please check www.abenakiclub.org for changes to the club schedule</p>						
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AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NOVICE BEGINS (AUGUST SESSION) OPEN 9am-8pm	2 OPEN 9am-8pm	3 OPEN 1-6pm
4 OPEN 1-6pm	5 NATAL DAY HOLIDAY OPEN 1-6pm	6 SWIM SESSION 3 BEGINS OPEN 9am-8pm	7 OPEN 9am-8pm	8 OPEN 9am-8pm	9 OPEN 9am-8pm	10 U12 REGATTA LAKE BANOOK OPEN 1-6pm
11 U14 REGATTA LAKE BANOOK OPEN 1-6pm	12 OPEN 9am-8pm	13 OPEN 9am-8pm	14 OPEN 9am-8pm	15 OPEN 9am-8pm	16 SWIM SESSION 3 ENDS OPEN 9am-8pm	17 SWIM TEAM PROVINCIALS LUNENBURG OPEN 1-6pm
18 SWIM TEAM PROVINCIALS LUNENBURG OPEN 1-6pm	19 OPEN 9am-8pm	20 OPEN 9am-8pm	21 OPEN 9am-8pm	22 NOVICE/U10 REGATTA U12/U14 CHAMPS HEATS LAKE BANOOK OPEN 9am-8pm	23 OLYMPICS ABENAKI U12/U14 CHAMPS HEATS LAKE BANOOK OPEN 9am-8pm	24 U12/U14 CHAMPS FINALS LAKE BANOOK OPEN 1-6pm
25 OPEN 1-6pm	26 OPEN 9am-8pm	27 OPEN 9am-8pm	28 NOVICE ENDS (AUGUST SESSION) >>>TECHNIQUE>>> OPEN 9am-8pm	29 OPEN 9am-8pm	30 FINAL DAY! OPEN 9am-8pm	31
		Notes: **Please check www.adckc.ca for possible changes to Regatta dates **Please check www.abenakiclub.org for changes to the club schedule				
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