



SYDENHAM LAKE CANOE CLUB

SYDENHAM, ONTARIO

Parent Handbook 2021





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Welcome to SLCC!

The Sydenham Lake Canoe Club is a non-profit paddling organization located in the heart of Sydenham, just 20 minutes north of Kingston, ON. We offer a wide variety of programs for all ages, including a competitive program and a recreational program, for those who want to experience the magic of our club. SLCC is the place to be, and we can't wait for you to join us!

Our mission is to create a safe environment and share our love of paddling to our community. From our trained and driven staff, to our community, and the friendships formed at our club, SLCC is a special place, and there is always always a program for everyone! We offer a variety of programs for all to enjoy and experience.

Our Staff

At SLCC, we have an executive board who runs and make decisions based on our club facilities and events. They also take care of fundraising, as well as regattas and maintaining a foundation for our club. Each Summer, SLCC has a summer grant program where we hire for our canoe kids program. If you are interested in becoming an instructor at our club, it is preferred if you have a boaters license as well as your lifeguard or bronze medallion certificate. Please email a resume with your name and contact information to



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Our Programs

Summer Afternoon Canoe Kids Program

INFO: Summer Canoe Kids Afternoon program will run for seven weeks. This is a half day program for active kids ages 8-13, who wish to develop their paddling skills and enjoy playing games and sports in the outdoors. The maximum number of participants per week is 18, which is divided into two groups of 8 with two instructors per group. This program is an altered program from our day camp due to COVID-19 Protocol.

AGES: 8-13 Monday to Friday 12:30-3:30pm

COST: 120.00 per week (100.00 for four day week in August)

NOTE: Participants must come from the catchment area of Kingston, Frontenac, Lennox and Addington area due to COVID-19 Protocol and Contact Tracing Reasons. Each participant must have some paddling experience to reduce tipping incidents as they may result in physical contact closer than two meters.

Regatta Ready Competitive Training Program

INFO: The August Regatta Ready Competitive Training Program is a performance training program with a certified coach. This program is intended for paddlers who wish to compete at regattas and race against different clubs from across Eastern Ontario. Young Athletes will train to compete in regattas on our race schedule throughout the summer, while



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physically distancing in groups with a maximum of eight participants, This program is for athletes who wish to improve their paddling skills and endurance to represent SLCC at competition. Registration will be closed when the number is reached.

AGES: 8-18 - Monday to Friday - 8:30-11:30 A.M.

COST: \$170/ 3 weeks plus 10.00 insurance & 20.00 membership = \$200 for 3 weeks. Please email haro@kos.net to register.

NOTE: This program is only open to paddlers who have attended two weeks of our canoe kids program or have competed in sprint paddling event. As well, it is open to participants who are used to training in other team sports. It is a competitive training program and are focusing on high performance training and quality paddling training for competition.

Adult Paddling Program

INFO: This program is designed for adults interested in recreational or competitive paddling. The Adult Recreational Group will be held on Tuesday and Thursday Evenings, and the Competitive Group will be held on Monday and Wednesdays. Paddlers must be residents of South Frontenac or KFLA Public Health Region. Adults who wish to train with our certified coach can do so by arranging a 1 on 1 coaching practice with Helen.

AGES: 18+ 6:30-8pm

COST: Recreational: 90.00 plus 10.00 insurance & 30.00 Membership fee for the season=130.00;

COMPETITIVE: 200.00 plus 10.00 insurance & 30.00 membership fee=240.00



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SLCC at Regattas

With our Competitive Training Program, one of the things that we have a part of it is our regattas, where participants have a chance to show the skills they learned and race against other clubs across Eastern Ontario. SLCC participates in around four or five regattas per year, but that changes depending on the year and how many participants we have, as well as the level of participants paddling skills. It is not expected that participants go to every regatta, you may choose which ones you go to.

A regatta is a series of races where paddlers race against each other. There are regattas that are more for practice, where as regattas that are entitled to winning a chance to compete at the provincial and national championships. SLCC's goal is for every paddler to compete at the best of their ability, and to enjoy the love of paddling while doing so. Regattas take place throughout the summer season, at various locations in our division. We are in the division of Eastern Ontario, which means there are various regattas held at clubs in our division. Some of these clubs include:

- Carleton Place Canoe Club
- Rideau Canoe Club
- North Bay Canoe Club
- Gananoque Canoe Club
- Petrie Island Canoe Club



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These are the locations where most of the regattas that we go to in the summer. Regattas are a full day or even two day event in some cases, with races back to back throughout the day.

Regatta Races

Each participant **must** be at the regatta site ready to warm up **at least one hour** prior to their race time. Race Times and Schedules will be given to participant and their parent or guardian on the day before. SLCC Parents/Guardians and Participants usually come to regattas for the day, however, if your child needs transportation please contact our coach or Helen Parfait a week before the scheduled regatta and we can arrange alternate transportation. A reminder that SLCC is a team and we support each other through **all** of our participants races and help with the clean up and tent of our regatta sites unless absolutely necessary. We support everyone in our SLCC community and that includes supporting and encouraging all participants in their races.

There are many types of races that participants have an option to participate in. From a 1000m race to a 200m race, it really is up to the paddler what category they want to race. This is discussed in practice, as well as the age group they are in with the participant and/or with the parents if needed, but it is all based on what the participant is comfortable racing and what he/she is capable of racing. These races distances include: 3000m, 2000m, 1000m, 500m, and 200m.

These distances are in some of the regattas, but not all distances are guaranteed. Only at the provincial level and qualifiers.



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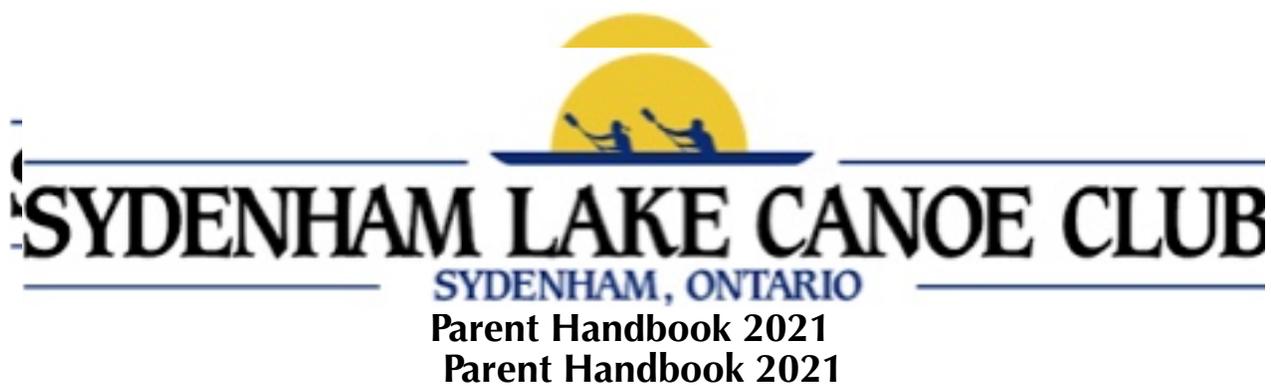
SLCC Recreation

As much as we are a racing team, our community all shares a love for paddling. From our canoe kids afternoon program, to our masters program and the love of sport from all of our participants, it is an amazing thing to watch a community grow together. There is a place for everyone at our club, and everyone is welcome.

We encourage everyone to come and share the love of paddling in the heart of the village and to enjoy the beautiful scenic views of Sydenham Lake, and get some incredible exercise!

Our Boats

At SLCC, we have a variety of boats for all programs and participants. If a participant is newer to paddling or has not paddled before, we would start them off in our recreational kayaks. For paddlers that have been here before, or for our newer participants that have improved in their program, we would try them in different boats if they are comfortable in them. It is up to the participants and their parent/guardian's discretion what boat they want them to paddle in. Our mission at SLCC within programs is to better paddling skills and grow friendships and confidence within our participants, and we want them to have the best time within their programs and share our love for paddling. We have boats that are a little bit more tippy than others, but all paddlers are introduced to boats when they come to the club for their program.



Safety of Staff and Participants

At SLCC, safety is a number one priority. We want to make sure our paddlers can perform their skills in the programs in a safe and welcoming environment. We have a safety boat on the water at all times during on-water instruction, as well as a coach or instructor with the participants at all times. We continue to have safety measures in place for our club and for our programs such as proper footwear, proper nutrition and hydration, as well as protection against the sun and bugs. Our swim test is also mandatory for all participants of each program to ensure safety of paddling and activities. It is important to us to keep safety as a priority before anything else.

Inclement Weather is a topic that comes within our programs, whether that may be with the wind speeds, or the rain or thunder. SLCC coaches will let parents know prior to the program time of that day or the night before if it is safe to have on water instruction for that program of the day. If it is unsafe to do so, the program will either be cancelled or have on land activity for that day depending on the weather circumstances. It is up to the parents discretion whether they would like to bring their child to camp with an altered activity day, but parents must contact the program coordinator or Helen if they do not plan to bring their child to camp on that specific day in advance.



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SLCC has many safety protocols and policies in place to ensure the general safety as well as the injury management of all paddlers in case of injury. Safety is our number one priority for all staff and participants and we ensure that these protocols are in place. Our policies can be found under the Important Info section on our website at www.sydenhamlakecanoecub.com.

Frequently Asked Questions

Where are you located?

Sydenham Lake Canoe Club & Summer Day Camp is located on Sydenham Lake in the village of Sydenham, Ontario a short 15 minute drive north from Kingston, Ontario. The entrance to the club is behind the Foodland, a few metres in and off the scenic Trans Canada Trail.

What qualifications do your instructors have?

Our instructors have the canoe kids sporting and coach certifications, as well as bronze medallion. Our coaches have lifeguard certifications which means there is one on site at all times.

What type of canoes and kayaks do you have?

We have more than X kayaks and X canoes, including recreational kayaks and a variety of sprint kayaks suitable for racing. We also have two paddleboards that staff use as safety boats

Can anyone take out a canoe or kayak at any time?

You can take one of our kayaks or canoes out during scheduled programs (Tuesday and Wednesday evenings for adults). Unfortunately, you can't just drop by the camp and take a canoe or kayak out at any time.



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Is there a basic level of ability needed to join?

No, we welcome all level of paddlers to our club.

What are the schedules of your programs?

All program schedules can be found on our website at www.sydenhamlakecanoecub.com under our programs.

What programs to you offer for adults?

The club offers a Masters recreational program on Tuesday and Thursday Evenings from 6:30 to 8:30 p.m. from May 23 to August 15th. Anyone is welcome to come out to join our group for a beautiful kayak up peaceful Sydenham Lake these evenings. Our competitive group of adults practices on Monday and Wednesday evenings.

What is the cost?

There is a seasonal one-time membership fee of \$20; then \$10 per evening of paddling.

What weeks do you offer camp in the summer?

We offer nine weeks of camp (one week each camp) for the summer. Your child ca

What are your hours?

SLCC is open from 8:00-4:30pm daily, with our programs running.