



## Frequently Asked Questions

### 1- *Where is, the session located?*

**From South:** turn north on 184 St. from Yellowhead Trail, then turn west on 122 Ave.

**From North:** turn south on 184 St. from Anthony Henday Drive, then turn west on 122 Ave. (From St. Albert: go south on Ray Gibbons drive – this becomes 184 St. as you drive over the Anthony Henday. Turn west on 122 Ave.)

### 2- **What are regular camp hours?**

Our camp runs from 9 am – 4 pm, please note that we do not provide before and after “*Extended Care*” hours.

### 3- *What should I bring to the session?*

Here is a suggested list of items to bring:

- paddling shoes / sandals
  - clothes to paddle in (e.g., wetsuit, athletic wear – shirts/shorts). There is definitely a chance that you will get wet so something that is quick drying is recommended as opposed to cotton.
  - extra clothes to change into afterwards / during breaks if needed
  - jacket / rain gear – weather dependent
  - lifejacket (optional) – All kids will be required to wear lifejackets. We have a lot of lifejackets at the club but if you have your own, you are welcome to bring it.
  - a towel
  - sunscreen
  - hat
  - a packed lunch
  - snacks
  - water bottle - I recommend labelling the water bottle as well.
  - a signed waiver form (for club insurance purposes)
- Please ensure that all personal belongings that are brought to camp are labelled with your child’s name!!!

### 4- **Are there Itches in the lake?**

Depends of the weather. We have went through great measures to allows people to have a quick rinse right after swimming. Please bring a towel if you are thinking you are going to swim in the water.

### 5- **What happens in the event of inclement weather?**

In the case of inclement weather, our coaches are prepared with rain day plans to ensure that the day still runs smoothly. Rain day planning includes some active games (weather permitting), quiet games and arts and crafts. We abide by the rule of not going on the water for 30 minutes after the last sound of thunder to encourage water safety.



6- *How Can I register for the camp?*

Please use our sportical online registration system to submit your registration, upon registration you will receive a confirmation email to confirm your registration and some other attached document – you will be approved when finalize your payment.

Here is the link for canoe kayak events:

<http://edmontoncanoeandkayak.sportical.com/events>

7- *How can I make the payment for the session?*

**Option 1:** You can pay at our open house in **May 6<sup>th</sup>** at Kirk Lake from 10 am to 1pm – Coaches Nicole and Saphane will be there to take you for a club tour and give additional information about the summer camps – please check our website to know the Location. We only accept Cash and cheques.

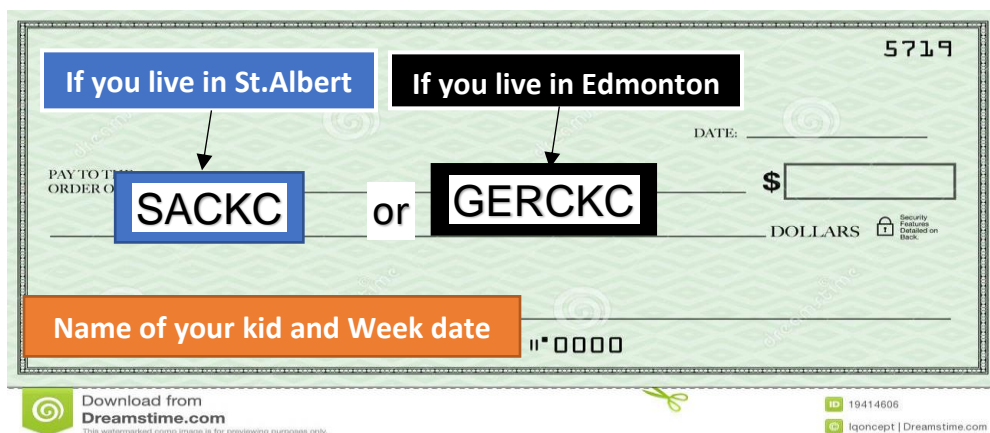
**Option 2:**

Payment of **the total amount** must be received by mail at least **one month** before the start date of your camp to ensure your spot is reserved. Payment by cheque payable to ‘SACKC’ if you live in St. Albert or ‘GERCKC’ If you live in Edmonton – Please make sure you include a copy of your online registration’s email confirmation so we know what session you are paying for! And who is signed up. Please mail your cheque to: **St. Albert Canoe & Kayak Club**

**Box 77023 ST.MAIN  
St.Albert, AB  
T8N 6C1**

8- *How do you want my cheque to be written?*

Write your cheque to SACKC If you live in St.Albert area or to “GERCKC” if you live in Greater Edmonton area. Please make sure you include a copy of your registration email confirmation so we know what week you are paying for and name of your kid.



9- *What is your cancellation policy?*

You can cancel your registration with no cost by informing the club that your kid will not be able to



attend the camp program by June 1<sup>st</sup>. After that, we can still accept cancellation but you will be charged for \$50 administrative fee for holding a spot in our program. Please understand that there is a high demand on our programs, by holding a spot you may prevent another kid to experience one of the best sport in the Edmonton area.

**10- What type of paddling activities do you offers at the club?**

We do offer all sort of paddling activities such as: paddle board, Kayak, Canoe, Dragon boat, intro to sprint racing canoe kayak boats.

**11- Can I sign up my kid for an advanced program after the summer camp?**

Absolutely! we strongly encourage you to speak to your coach or to the club Head Coach to give you more information about our advanced programs.

**12- Does my child have to participate in the regattas (races)?**

All paddlers are strongly encouraged to participate in the regattas, however, it is recognized that not everyone desires to compete. This is an individual choice that is best made between the child and parent with the input of the Coach.

Paddlers are permitted to race in an older age group, but they can not race in a younger age group.

**13- What is the Off-Season program?**

The Off-Season program operates during the non-summer months and is designed for those paddlers who wish to continue training during the off season

- **Fall Session** - September-October - on the water
- **Winter Session** - November-April - dry land training. The Bantam team generally do running, swimming, core training, climbing, weights, paddling machine, pool paddling and spinning.
- **Spring Session** - May -June - on the water

**14- How do I find out how my child is doing with paddling? Is s/he ready to move into a development group?** Please drop by the club and talk the Coach Leading in your summer group or speak to the head coach: Zak Mahmoudi.

**15- All members are required to take individual responsibility to help keep the venue tidy and clean. Specifically:**

- Place all garbage in the garbage cans provided
- Remove all food and used food storage containers at the end of each day as these attract pesky fruit flies.
- All wet clothing, wet foot wear or wet towels need to go home each day - stinky!
- The walls or tabled are not for writing on.

**16- Can I get an advanced lesson after the learn to kayak session?**

Absolutely! we strongly encourage to take an advanced lesson by contacting your coach for more details.