



CANOE KAYAK ONTARIO SPRINT

To: Ontario Team & Invited Athletes and Club Coaches
From: Ryan Blair, Technical Director, Canoe Kayak Ontario (CKO) Sprint
Subject: Ontario Team 2023 Ottawa On-Water Training Camp

September 29 – October 1, 2023, Ontario Team Ottawa On-Water Training Camp

The camp is hosted Canoe Kayak Ontario (CKO) Sprint and supported by the Canadian Sport Institute Ontario and the Ministry of Heritage, Sport, Tourism and Culture Industries.

Who is Invited?

- 2022-2023 Ontario Team & Special Olympic Team Athletes
- Invited Athletes

Location

Rideau Canoe Club – Ottawa, ON

Coaching Staff

Ryan Blair, Technical Director, CKO Sprint

Additional staff information will be provided in the camp update.

Camp Objectives

- 1) Specific aerobic training
- 2) Crew boat training
- 3) *4 x 1000m Step Test for OHPSI/OAAP nominated athletes
- 4) Ontario Cup – Long Distance Regatta (open to all club members)
- 5) Team building activities

Dates and Tentative Schedule

FRIDAY Sep 29 th	SATURDAY Sep 30 th	SUNDAY Oct 1 st
Travel	8:00 am – 10:30 am Paddle #3 & *Step Test 11:00 am Workshop 11:30 am lunch	8:00 am – 3:00 pm Ontario Cup Long Distance Regatta 11:30 am lunch
2:00 pm Paddle #1	2:00 pm – 4:30 pm Paddle #4 & Flexibility	Travel
5:00 pm Paddle #2	5:00 pm Team dinner & activity	

Equipment

What you should bring with you to camp:

1. Heart rate monitor (if you have one)
2. Boat & paddling equipment



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3. Cold weather clothing for paddling and out-door activities
4. A reusable water bottle – the camp will be a disposable water bottle free environment.

Travel & Boat Transportation

All athletes are responsible for their own transportation. Athletes can be picked up at **1:30 pm on Friday, September 29th** and **dropped off at 5:00 pm on Sunday, October 1st** at the Ottawa Tremblay Road train station.

Boat transportation details will be provided in the camp update.

Athlete Accommodation

Please indicate on the registration form if you require accommodation. Athlete accommodation is at the [Rideau Heights Inn, 72 Rideau Heights Drive, Ottawa, ON K2E 7A6](#). Up to 3 athletes per room.

Food**

Lunch will be provided on Saturday and Sunday, as well as a team dinner on Saturday for all participants. All meals will be provided for those staying in the hotel. Athletes are responsible for their own food while traveling.

Registration

Please complete the online registration form by Friday, September 22, 2023, using the following [link](#).

Fees & Payment

A link for payment will be provided by Ryan Blair in the camp update email and is due Friday, September 29th.

- Free - 2022-2023 OHPSI/OAAP (Q4G) Team members – includes camp fee, food**, and accommodation. Athletes will be charged for the Long Distance Regatta entry fee.
- \$125 no accommodation required – includes camp fee, and food**.
- \$250 accommodation required – includes camp fee, food**, and accommodation.

Participant Conduct

Athletes and staff are expected to conduct themselves in an exemplary manner as representatives of CKO Sprint, and their club. All participants must:

- Comply with CKC's Safe Sport policies and CKO Sprint's Person in Authority (PIA) guidelines.
- Attend all sessions unless excused by staff.
- Be in their own rooms by the designated curfew time.
- Maintain a clean-living environment.
- Always show consideration for hotel staff, its facility and property.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all competition and hotel rules, and the laws of Ontario.
- Respect all participants and follow staff instructions.



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Violation of the regulations may result in disciplinary action, including possible expulsion from the competition (at the person's own expense), and/or suspension from CKO Sprint team and events. Please see [CKO Sprint's Dispute Resolution And Appeal Policy](#) for further information.

If you have any questions, feel free to contact me.



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Canoe Kayak Ontario Sprint

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