



“ Welcome Letter ”

Welcome to the St. Albert Canoe Kayak Club Summer Paddling Program! We are looking forward to the 2019 season and the opportunity to meet new and returning paddlers! Below you will find some important information to prepare you for the summer program.

Location

Cardiff Pond : New location at Cardiff Pond adjacent to Cardiff Golf Club 55307-Range Road 251 Sturgeon county

- We are south of the Golf Club

Time of Arrival

- Please arrive **on time**. We will start our warm-up activities and games at 9 am. If you ride your bike, please lock it up or let your coach know that you have a bike.
- There will be a sign in sheet to make sure we know our numbers for the day.

Pickup Time

- Parents should pick up their child at **1:00pm (half-day) or 4pm (full day)**
- Please sign the sign out sheets when leaving OR
- Please let the coaches know if your child has permission to go home by themselves, or with another paddler/parent. Our coaches will leave at **4pm** so please note that we do not provide before and after “Extended Care” hours. You are responsible for late pick up.

What to Wear

- Please come prepared for outdoor fitness and activities.
 - This includes: running shoes, a hat, shorts, t-shirt, sunglasses and a towel.
- Please dress appropriately for the weather by bringing a sweater, windbreaker, sweatpants, raincoat etc. as the weather can be unpredictable.

What to Bring

- **Always bring a change of clothes!** Getting wet is part of paddling and you will need warm, dry clothing to change into after practice.
- Life Jackets are provided, however, you may bring your own.
- Valuables should be left at home; the club coaches will not be responsible for any loss.
Always bring a lunch! You will get hungry. We do not have a refrigerator so please bring a lunch bag with your name on it and ice packs if food needs to be kept cool. (**Note:** we are a peanut free camp, please respect this rule as it is for the safety of everyone)
- **Always bring a water bottle!** It is very important to stay hydrated during physical activity, especially in the hot summer sun!
- **Always bring sunscreen!** We recommend putting on sunscreen prior to coming to camp, as well as reapplying throughout the day.

If you have any questions or concerns, please do not hesitate to email our club.

Zak Mahmoudi – Head Coach.

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