



Frequently Asked Questions

Where is the St. Albert Canoe & Kayak Club located?

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 at Cardiff Park

What are the regular summer camp hours?

The summer camp sessions run from 9 am until 4 pm. Please note that we do NOT provide before and after care for children.

How can I register for the summer camps?

Please use our [sportiCal](#) online system to submit your registration. You will receive a Registration Confirmation by email to confirm your registration. Your space is reserved upon receipt of payment and signed waiver forms.

What are the payment options?

- Option 1: You can pay online using your credit card
- Option 2: You can pay by cash or cheque at our Open House in May 25th at Cardiff Pond. Visit our website for the exact date and time. Our coaches will be there to provide additional information and club tours.

Who do I make the cheque payable to?

Please make your cheque payable to “SACKC” if you live in the St. Albert area or to “GERCKC” if you live in the Greater Edmonton area. You need to include a copy of the Registration Confirmation you received by email from SportiCal with the name of your child and the summer camp sessions selected.

What is your cancellation policy?

Before June 1st, you can cancel your registration with no cost by [contacting our club](#). Please include a reasonable explanation for your cancellation. After June 1st, we can still accept the cancellation, but you will be charged a \$100 fee for holding a spot in our program. Please understand that there is a high demand on our programs, and by holding a spot you may prevent another child from experiencing one of the best summer sports in the Edmonton area.

How is the daily attendance work?

Drop off in the morning is between 8:45-9:00am and pickup is at 4:00pm. On drop off, the paddlers' parents are to report to their child's Coach Leader to sign them in. The Bantam and Midget paddlers are to sign themselves with the Bantam Coach. Upon leaving at the end of the day, paddlers' parents please sign out so we can make sure our athletes get home safely.

What type of paddling activities do you offer 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.

What happens in the event of inclement weather?

In the case of inclement weather, our coaches are prepared with occasional rainy day activities (i.e. active games, arts and crafts). We follow the CKC rule of not going on the water for 30 minutes after the last



sound of thunder for safety reasons

What happens in the event of continued rain?

When deemed unsafe by our Head Coach due to white caps, thunder or severe rain, the children will not be going on the water. If you do not have alternate arrangements for your children on these days, they are welcome at the club; however, we have limited space and therefore limited activities.

What should I bring to the summer camp session?

- Paddling shoes / sandals
- Clothes to paddle in (i.e. wetsuit, athletic shirt & shorts).
- Extra change of dry clothes
- Jacket or rain gear depending on the weather
- Lifejacket – 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.
- Towel
- Sunscreen
- Hat
- Packed lunch
- Snacks
- Water bottle
- Signed waiver form for club insurance purposes

Please label all your personal belongings that are brought to the summer camp sessions.

Can your child get swimmers itch from the lake?

We have a clean lake, but it is possible to get swimmers itch if your child spends a fair bit of time in the water. We have found that a quick rinse with fresh water (rinse station) and towel drying minimizes the chance of getting swimmers itch.

Can I enroll my child in your performance program after the summer camp?

Absolutely! We strongly encourage you to speak to your summer coach or to the assistant head coach to give you more information about our performance programs.

Does my child have to participate in races?

All paddlers are 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 parent and child with the input of the coach. The provincial sport association offers a fun regatta each summer in August for beginner paddlers. Please note that paddlers are permitted to race in an older age group, but they cannot race in a younger age group.

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 to October, on the water
- Winter Session – November to April - dry land training. The Bantam teams generally do running, swimming, core training, weight training, paddling machine, pool paddling and cross country skiing.
- Spring Session – May to June - on the water



How do I find out how my child is doing with paddling?

Are they ready to move into a development group? Please talk to the coach leading your summer group or speak to the assistant head coach of the Bantam Racing Program.

Can I get a lesson prior to register to the training camp?

Absolutely! Lessons will be conducted in May and June – for more information please contact the club to book a private lesson stalbertcanoekayak@gmail.com

Can I get an advanced lesson after I complete the Learn to Canoe Kayak sessions?

Absolutely! We strongly encourage camp participants to continue with the club and take advanced lessons. More information please contact stalbertcanoekayak@gmail.com

Do you have Parking?

Yes we do have parking in front of the club but it is only limited to Drop off and Drop in parents, you are not entitled to leave your car for more than 10min due to limited space. Make sure you are not blocking any car and the emergency access.

I have further questions or concerns?

We encourage parents/guardians to first speak directly to your child's coach. If your concerns are not satisfactorily resolved, please speak to the club head coach "Zak Mahmoudi".

Safety Rules

- The boat docks are not a swimming area and proper care is to be taken when using these docks. Rough play will not be tolerated on the docks, boats or anywhere on the grounds.
- Peewee and Bantam paddlers (all children who are 15 years old and under) must wear life belts as a minimum for a flotation device at all times when on the water. The club will provide a PFD device, if you have your own you can bring it and will be approved by the coach.
- All participants not passing the Red Cross Swim Kids Level 6 swim test will be required to wear a lifejacket.
- The Club is not responsible in any manner for personal articles brought to, or left at, the club. PLEASE DO NOT BRING ITEMS OF VALUE TO THE CLUB.
- Coaches are the paddling authorities at the club and all members, regardless of age, are expected to take direction from them and obey their instructions, both on and off the water.
- Respect in Sport: The club requires all paddlers to maintain respect for the coaches and staff, and for each other. Unpleasant behavior, bullying, and swearing will result in disciplinary action ranging from parent notification to dismissal from the club, with no refunding of fees.
- Coaches are only responsible for supervision of paddlers when they are at club during scheduled programs. They are not responsible for paddlers at any other time, or if the paddler leaves the premises. Parents must ensure a phone number is included on the registration form where someone can always be reached.

- Each paddler is solely responsible for putting away their equipment after use.
- Kayak and Canoe equipment is kept in good repair and paddlers will be taught the proper handling and care of the boats. Abuse of boats or equipment will not be tolerated and will be dealt with promptly by suspension of the person(s) from the paddling program for a period of time and or other actions as determined by staff and Board.

Safety Rules Continued

- 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 items or clothing need to go home each day, and the walls or tabled are not for writing on.



Vision: To provide the people of St Albert and Edmonton area with a sprint canoe and kayak racing club that offers high quality programming within a safe, fun and supportive environment so that athletes of all ages and abilities can set and pursue goals – ranging from recreational to internationally competitive – contributing to their personal and athletic development.