



## Pickering Rouge Canoe Club

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Located on Beachpoint Promenade in Frenchman's Bay, Pickering  
Canoe Kayak Camp at Rouge Beach, Scarborough  
Mailing address: 91 Rylander Blvd, Unit 7, Box 187  
Scarborough, Ontario, M1B 5M5  
905-767-3330 [pickeringrouge.ca](http://pickeringrouge.ca)

Welcome to PRCC's Canoe & Kayak Camp!

We are very excited about the 2019 season! Pickering Rouge Canoe Club (PRCC) is a non-profit organization that promotes the sport of sprint canoe and kayak. We have sites at Frenchman's Bay in Pickering and Rouge Beach in Scarborough.

Our CIT program provides a valuable learning experience for teens aged 14-16 who want to challenge themselves in a position of responsibility and hands-on learning. The CIT experience is excellent preparation for those interested in future employment opportunities in child care, camp counselling, teaching, and sports and recreation.

The Camp is located at Rouge Beach in Scarborough on the shores of the Rouge River and Lake Ontario in Canada's largest urban park. See full directions on our website at [pickeringrouge.ca](http://pickeringrouge.ca).

Camp runs 9:00-4:00 from July 2 to August 30, 2019 with four 2-week CIT sessions:  
Session 1: July 2-12  
Session 2: July 15-26  
Session 3: July 29-Aug 9  
Session 4: Aug 12-23

Please check your email registration to confirm the session that you registered for. On the first day, please bring your email confirmation and the completed waiver.

All campers and CITs should bring the following:

- Weather appropriate clothing such as shorts and t-shirts. Keep in mind that paddlers may get wet.
- Dry change of clothes
- A refillable water bottle – there is a water refill station on site
- Healthy lunch and snacks
- A hat and sunscreen

Ice packs are encouraged to keep lunches cold. A BBQ will be provided once a week for all campers with two hotdogs and chips. We also have an ice-cream sandwich fundraiser program. You can purchase an ice-cream sandwich at the end of the day for \$2.

Please keep in mind that we are a tech-free camp.

## **CIT Requirements**

CIT participants must possess a positive attitude and genuine interest in achieving the goals of the CIT program while also being enthusiastic to work with campers ages 6-13. Respect, cooperation and a high level of energy are all valued attributes that will be expected and will lead to a successful completion of the program.

The goal of the CIT program is to provide individuals with the opportunity to work with children in a camp setting, while having the support and supervision of experienced camp staff. CITs will assist the Camp Counsellors with daily programming and actively participate in games, arts and crafts, and on-water activities. This program allows youth to build their leadership and teamwork skills while also developing their paddling skills. We train our CITs in areas we feel are important to becoming a good counsellor, such as positive communication, problem-solving, responsibility, leadership, and professionalism. They will utilize and actively practice these skills while working with the campers and camp staff, particularly when the CITs organize and execute an afternoon's worth of activities for the campers.

Because CITs are given a position of authority, they are expected to model appropriate behavior such as respectful communication, water safety, and positive participation. To successfully complete the program, CITs will be required to demonstrate appropriate levels of maturity, responsibility, and enthusiasm. Participants will fill out a self-evaluation and will receive a formal evaluation from PRCC Camp staff. Upon successful conclusion of the program, CITs will receive a certificate of completion. We are happy to provide reference letters for future employment or volunteer positions upon request to successful participants.

Please note that as this is a registered program (paid), we cannot grant participants volunteer hours for their participation. For information on how participants may volunteer at PRCC functions and events outside of the CIT program, please refer to PRCC's website.

## **CIT Questionnaire**

Please write full sentence responses to the questions below and email to the Camp Manager at [camp@pickeringrouge.ca](mailto:camp@pickeringrouge.ca). Completion of the questions is a requirement of the program. Let us know why you think you'll make you a great CIT!

1. Why do you want to be a CIT? Please describe experiences that have led to your interest in participating as a CIT, such as volunteer work and extracurricular activities.
2. What are the top three things you would like to learn while being a CIT and why?
3. Please describe what personality traits you possess that will make you an asset as a great CIT?
4. Please describe how you think this experience will be a benefit in achieving your future goals.

If you have any questions about the program, please email [camp@pickeringrouge.ca](mailto:camp@pickeringrouge.ca).

See you at Camp!