



Pickering Rouge Canoe Club

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Welcome to PRCC's Intro to Sprint Program!

We are very excited about the 2020 season! Pickering Rouge Canoe Club (PRCC) is a non-profit organization that promotes the sport of sprint canoe and kayak.

Our Intro to Sprint program is an introductory sprint program for beginners. It is designed for children aged 9-15 who have an interest in sprint canoe and kayak, but are unsure or unable to commit to a program for the whole summer.

The program is run 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.

Intro to Sprint runs 9:00-4:00 from June 29 to September 4 with 5 two-week sessions available:

Session	Dates	Theme
1	June 29 – July 10	Adventure Week / Camp's Got Talent
2	July 13 – July 24	Water Week / Animal Week
3	July 27 – August 7	Olympic Week / Superhero Week
4	August 10 – August 21	Nature Week / A Year in a Week
5	August 24 – September 4	Space Week / Farewell Week

Please check your registration form to confirm your session.

We expect that water levels will again be high in 2020 and that the entrance to the site will be through Pickering. We will have counsellors meet children at the parking lot on Bellavista Drive and escort them along the Waterfront Trail and over the bridge. We have had these conditions for two previous summers and are well-equipped to deal with the higher water. Safety is our utmost concern. We continue to work with Parks Canada and the City of Toronto to ensure we have up-to-date information about conditions. We will be communicating with you closer to time your child is at camp.

Curious of what your child should bring?

- Weather appropriate clothing such as shorts and t-shirts
- Dry change of clothes and towel as paddlers may get wet
- A refillable water bottle – there is a water refill station on site
- Healthy lunch and snacks with ice packs to keep lunches cold
- A hat and sunscreen

A lunch will be provided one day a week (likely on Wednesdays) for all campers.

We are a tech-free camp. Children are encouraged to socialize with their friends and have fun in a safe and structured environment. We are an inclusive program. Bullying of any sort will not be tolerated and will be taken very seriously.

PRCC is committed to the long-term health of our athletes. All athletes, parents/guardians (for athletes under 18) and volunteers must read and sign off that they have read the PRCC concussion code of conduct. You would have done this as part of registration. This is to be compliant with Rowan's Law and ensure that we all learn how to prevent, identify and manage concussions. For more information, refer to our webpage <http://pickeringrouge.ca/rowans-law-concussion-safety/>.

LIT Requirements

LIT participants must possess a positive attitude and genuine interest in achieving the goals of the LIT 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 LIT 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. LITs 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 LITs 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 LITs organize and execute an afternoon's worth of activities for the campers.

Because LITs 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, LITs 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, LITs 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 LIT program, please refer to PRCC's website.

LIT Questionnaire

Please write full sentence responses to the questions below and email to the Camp Manager at 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 LIT!

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

See you at the Rouge!