



# 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

## Hello Solo Paddling Together Program Member!

We thank you for your enrolment in the program and we are excited to get started! What follows is a few helpful reminders so you can help make this program a safe and enjoyable one for all participants.

Please take a few moments to review before coming down to your first session.

### Part A: Safety First: Lifejackets/Hand Sanitizers/Personal Property

**Lifejackets:** As was stated in the program description, all participants must provide their own lifejackets. We would love to lend out our lifejackets, but we simply cannot ensure a proper sanitization process for fabrics in the same way we can for hard surfaces such as paddles.

Please bring a lifejacket/PFD that is D.O.T. approved (almost all sold in Canada are approved).

The last I checked Canadian Tire was selling a "Universal Three Belt" for \$25.00.

**Hand Sanitizers/Masks:** The club will provide hand sanitizers and masks, but we strongly encourage you to bring your own. Paddles will be sanitized before participants arrive, and we will be asking you to help us sanitize them before you leave. Boats/boards will be taken out and put back into the trailers by the coaching staff.

**Personal Property:** We are not permitted to allow participants into the trailer, and we ask that you leave valuables in your car and come prepared to paddle. One of the coaches will be on shore to watch shoes, etc., but we cannot be responsible for wallets, phones, etc.

**What about my car keys?** We ask that you put your car keys in a Ziploc bag that we will put into a container that will be locked away in the trailer until after the practice is completed.

### Part B: Program Times/Punctuality/Washrooms

**Program Times:** Sunday morning: 9:00 A.M. – 12:00 P.M.

**Punctuality:** We ask that you try to arrive 5 minutes before the scheduled time so that we can get your group on the water quickly and safely. This will allow us to keep physical distance from the next session of paddlers. Our club is located on Rouge Beach and shares the same building as the **public washrooms** that will be open. Your coach will greet you at the entrance of the club.

### Rain vs. Lightning/Thunder

The session will run if it is raining, but it will be cancelled if there is lightning/thunder. The final call will be with the coaching staff, and we always err on the side of caution.

We thank you for taking the time to read these guidelines before coming to your first practice. I look forward to introducing you to our great boats and fantastic coaching staff.

Regards,  
Scott Madill on behalf of the SPT coaching staff