



Pickering Rouge Canoe Club

Frenchman's Bay, Pickering & Rouge Beach, Scarborough
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Welcome to PRCC's Sprint Racing for Ages 9-14!

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. This is an introductory sprint program for children aged 9-14 at all levels of experience. There is a very exciting racing component to this program that the kids love. The site 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.

The program runs for 8 weeks Monday to Friday 9:00-4:00 from July 6 to August 28:

Week	Dates	Theme
1	July 6 – July 10	Camp's Got Talent
2	July 13 – July 17	Water Week
3	July 20 – July 24	Animal Week
4	July 27 – July 31	Olympic Week
5	August 4 – August 7	Superhero Week
6	August 10 – August 14	Nature Week
7	August 17 – August 21	A Year in a Week
8	August 24 – August 28	Space Week

Water levels have returned to normal and drop off will be at our building on Rouge Beach. Drop off and pick up times will vary slightly to aid with social distancing. We will be communicating with you closer to time your child is at camp of your exact pick up / drop off time and location. It is recommended that you wear a mask during this time. Due to COVID-19, we require all children to have their own lifejacket which they will need to bring with them each day.

Before your arrival at camp each day, please complete our COVID-19 symptom screening. A link to it will be sent out to you beforehand. Your child's temperature will also be taken before they are allowed to come to camp. For more information on our COVID policies, please visit our website: PickeringRouge.ca.

Safety is our utmost concern. We continue to work with the Province of Ontario, Canoe Kayak Canada, and Canoe Kayak Ontario to ensure we have up-to-date information about COVID-19 policies and precautions.

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 mask for when social distancing is not possible
- Their PRCC shirt which they receive on the first day
- A properly fitting lifejacket

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/>.

On the first day, please bring your email confirmation. We will not require a \$100 volunteer cheque this year but we do encourage you to help out with PRCC activities when required. If you have any questions about the program, email camp@pickeringrouge.ca.

See you at the Rouge!