

## **Paddle Camp – Outrigger, Surfski & Stand Up**

- Our 2022 Covid 19 Protocols are in place and will be updated as necessary. We are ready to offer

quality outdoor experiential Paddle Camps. Paddlesports offer a fun way to develop skills on the water.

Coaching includes a progression from basic paddle stroke with increasing skill development, on a SUP

or surfski (using a kayak blade). Paddling is a multi-dimensional sport that promotes balance, agility,

coordination, strength, and endurance and is one of the best workouts for developing overall fitness and

core strength.

- RATIOS Our ratios remain 6 participants to one coach. This will enable us to ensure social distancing

and maintain the quality of our coaching. The group will choose a name and stay together with their

coach for the full week to minimize close interactions.

What's New?

- Single boats will be used, each participant will be in a solo boat/board, or shared with another participant. We will operate crew boats on occasion should Provincial Health protocols allow this year.

Boats, boards, and paddles will be sanitized as necessary, protocols for sanitizing washrooms and common contact areas will be maintained: Sanitizing procedures and supplies are in place, including a

standing foot pump sanitizer station available at the compounds. Washrooms are cleaned twice a day by

the Town of Oakville, and doorknobs and handles etc are cleaned by each user with sanitizer available

in the washroom.

- Paddlers are encouraged to bring their own PFD that can go home with them each day, or be labelled

with their name and kept at camp. Club PFDs can be assigned for the week, they will be sanitized

before and after each week of camp, and will be labeled with the child's name for continued use.

- Family units will be assigned to the same coach if desired.

What's the same?

- Participants must be able to swim comfortably with a PFD. Age: 8 – 15, paddlers will be grouped for

skills progression. Please alert us in advance of any health concerns or limitations.

Location: Downtown Oakville off Water Street, our boat compounds are under the Rebecca Street Bridge, at

the Boat Ramp, Busby Park, (GPS Map location 136 Water St., look for the ramp)

We look forward to another great year of paddling.

Wendy Perkins, Commodore