



GUIDE FOR ALL PARTICIPANTS IN THE EVENT

Clubs
Coaches
Athletes
Parents



WELCOME TO SHERBROOKE

This Information Guide will provide all necessary information to ensure the smooth running of the Canadian Sprint Canoe Kayak Championships taking place in Sherbrooke, Quebec from August 28 to September 2, 2018.

BE PART OF THE RACE

If you are not able to find answers to your questions or if you would like additional information, please contact:



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GENERAL INFORMATION

SECTION 1

Event location

Lac des Nations, Jacques-Cartier Park
220 Marchant Street
Sherbrooke, Qc J1J 2C3





SITE HOURS

Sunday, Aug. 26 and Monday, Aug. 27
9:00 a.m. to 6:00 p.m.

Tuesday, Aug. 28 to Sunday, Sept. 2
6:30 a.m. until the end of the races

NIGHT PATROL

Each night from Sunday, August 26 to Sunday, September 2 as of 6:00 p.m. until 7:00 a.m.

TO STAY IN TOUCH

Event Website

 sprintnationals.canoe kayak.ca

On site

For Club arrivals or for all other questions about the competition including its organization, you can go to the Welcome Tent near the Armand-Nadeau Pavillion: (#1).

Event Schedule

The Event schedule is only available on-line. A paper copy will be available for the coaches at the Welcome Tent near the Armand-Nadeau Pavillion (#1) in the morning (as of 7:00 a.m.) and at noon (before the finals).

Event Application

Download the "Canoe Kayak Canada" event application on the App Store or Google Play to get the schedule of races and the results. You can also get the race results on the Event's Internet Site or on our Website



sprintnationals.canoe kayak.ca/schedule-and-results/

Live Stream

Canoe Kayak Canada is live streaming all of the races. If you can't be on-site, you don't have to miss any of the action, go to



www.youtube.com/CanoeKayakCanadaCKC

MAP OF THE EVENT SITE AND SERVICES OFFERED

SECTION 2





PARKING

Parking at Jacques-Cartier Park is free but limited. A large parking lot is situated near the park entrance and a few places are available in the park. Consult the site plan p. 6.

Parking in the streets close to the park is permitted for up to two hours.

CYCLING PATHS

There is a network of cycling paths in and around Jacques-Cartier park, where the races are being held. Below is the link to the City's cycling paths (French only):



[cartes.ville.sherbrooke.qc.ca/
pistescyclables/](https://cartes.ville.sherbrooke.qc.ca/pistescyclables/)

You can download an English copy of the Grandes Fourches cycling network by clicking on



[www.destinationsherbrooke.com/
en/visitors/what-to-do/grandes-
fourches-cycling-network](http://www.destinationsherbrooke.com/en/visitors/what-to-do/grandes-fourches-cycling-network)

BUS

The Société de transport de Sherbrooke (STS) (Sherbrooke's transit authority) is giving us 1,400 bus passes that cover the entire municipal bus transportation network. We will distribute them among the Clubs in proportion to the number of athletes registered.

Buses 1, 3 and 55 stop at the corners of King West and Jacques-Cartier, near the competition site. Refer to the map of the STS bus routes at (French only):



www.sts.qc.ca





ON-SITE FOOD AND BEVERAGE

Athletes will be able to fill up their water bottles at water stations near the Athletes' Village.

You will be able to purchase food and beverages in the vendors' area that will be near the spectators' area.

"Le Rendez-Vous"

Le Rendez-Vous, Refreshment Tent, is THE meeting place for the canoe kayak community! Our microbrewery partner, Siboire, has brewed a special beer that will be sold during the competition. Usually alcohol consumption is not permitted in a park. We have a special permit allowing us to consume alcohol that is bought on-site.

BOXED LUNCHES

It is possible to order lunch boxes for your athletes and coaches by using the on-line form

 [goo.gl/forms/
YdDqQUfAYk3wtZXZ2](https://goo.gl/forms/YdDqQUfAYk3wtZXZ2)

The menu is on the event Website at

 [sprintnationals.canoe kayak.ca/
information-package/](https://sprintnationals.canoe kayak.ca/information-package/)

CANOE KAYAK CLOTHING AND VENDORS

Many vendors will be on site selling their canoe kayak sports clothes and accessories.

The official clothing of the event is also on sale on the online shop before the competitions

 [sprintnationals.canoe kayak.ca/
vendors/](https://sprintnationals.canoe kayak.ca/vendors/)

RACE INFORMATION

SECTION 3

ARRIVAL AND WELCOME OF THE CLUBS

The site will be open to all as of Sunday, August 26 at 9:00 a.m. for the unloading of boats, training on the water and Club registrations.

Each Club will be assigned a space that will be identified by a sign and clearly delineated on the ground. We ask for your collaboration in staying within your designated area. A cycling path crosses the Athletes' Village. Be vigilant and do not block the path. Volunteers will help you find your area.

You will be able to park your trailer in your designated area in the Athletes' Village. The truck will have to be unhitched from the trailer and parked in the designated parking area. Please take note that no parking spots will be reserved for coaches.



Each Club must have its own supports for its boats, as the Organizing Committee does not supply them for the Athletes' Village.

In order to help us plan the arrival of the Clubs, each Club must complete the form that you will find at



[goo.gl/forms/
zQLLNgrAalC5gMgr2](https://goo.gl/forms/zQLLNgrAalC5gMgr2)



COACHES MEETING

Date: Tuesday, August 28

Hour: 6:00 a.m.

Location: Armand-Nadeau Pavillion (#1)

BOAT CONTROL

Boat control is to the left of Headquarters when you face the course, in other words, at the western extremity of Lac des Nations.

The **weighing scale** will be available as of Monday, August 27 at 9:00 a.m. Sand bags will be available.

Boat controls will be open from Tuesday, August 28 to Saturday, September 1, from 7:00 a.m. until the end of the races.

Please remind your athletes to listen for announcements at the end of the race. Boat numbers having to report to the boat control will be announced by the local announcer.

WARM UP AND COOL DOWN AREA

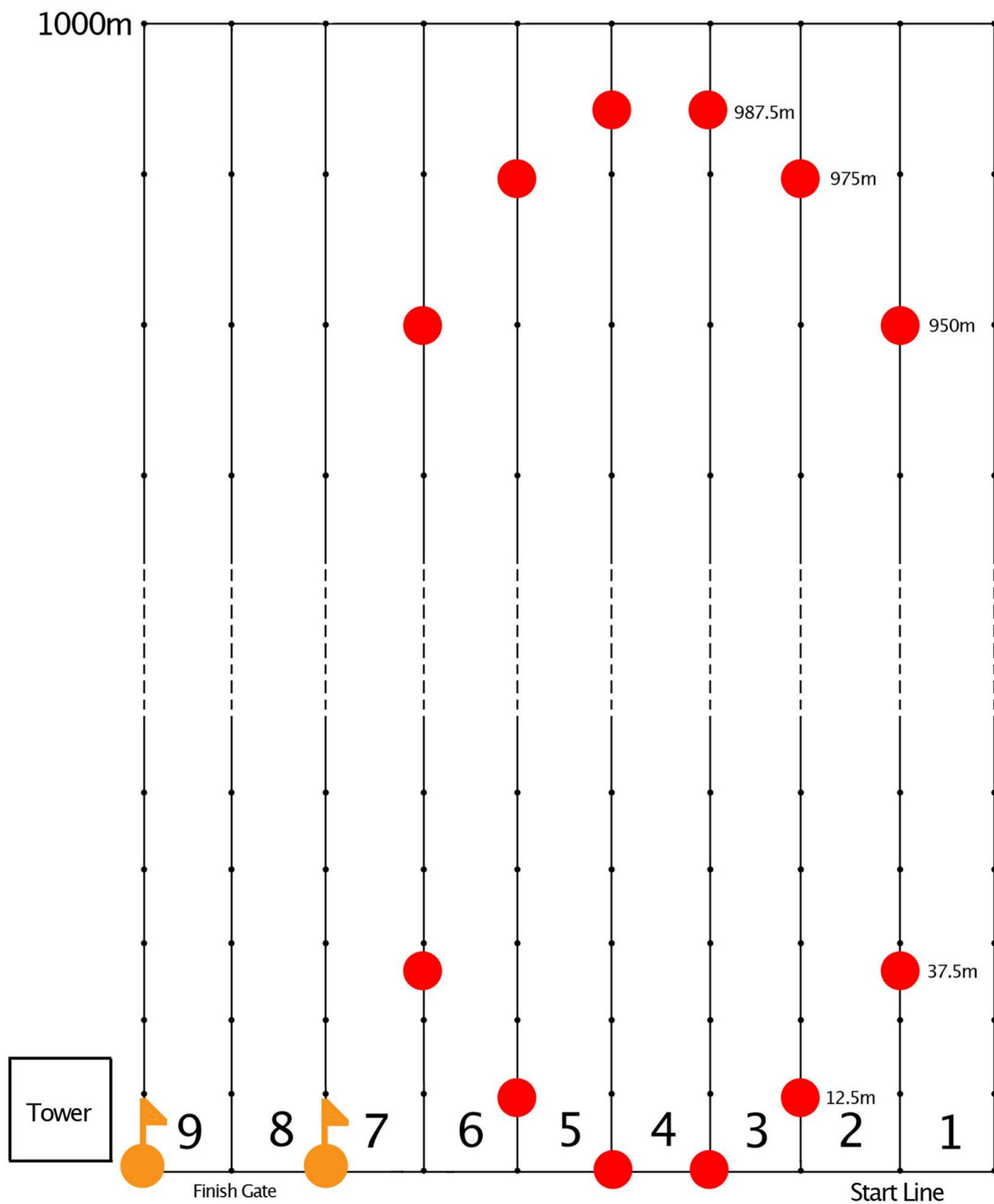
A warm up and cool down area will be available on the side of the course, on the other side on the 'Black Bridge'. Note that there will not be any security in this area and it is possible that you will cross paths with pleasure boats.

6000M RACE

The boat numbers for the 6000m race will be given out at the entrance of the Armand-Nadeau Pavilion, next to the Welcome Pavilion.

6000m Course Layout is shown on next page..

6000M COURSE LAYOUT



HEALTH AND SAFETY

The First Aid Station is on the lower level of the Armand-Nadeau Pavilion. A doctor will be on site throughout the duration of the competition.

Important

Any athlete, who uses an inhaler, takes medications for serious allergies or takes any other product required in case of emergency must store them in a Ziploc type bag and list their name and races they are participating in on it.

This bag must be handed in to the First Aid Station in the morning or at noon.

The athlete will be able to retrieve the Ziploc bag either at the morning break or at the end of the day. Ideally, the athlete will have doubles of any medications in case they need it when they are not on the water.

In case of emergency, the security boat will bring the athlete to the First Aid Station where the doctor on shift will quickly see them. If need be, the hospital is less than 5k away.

ATTENTION/CAVEAT

The Club nautique de Sherbrooke inc, organizer of the 2018 Canadian Sprint Canoe Kayak Championships, cannot be held responsible for any incident or harm that may occur due to allergies, eating disorders or food poisoning to an athlete, coach, or parent of an athlete during or at the Championships, except in cases of gross misconduct by its administrators and/or attendants.

The Club nautique de Sherbrooke inc, as well as Canoe-Kayak Canada, having no control over the preparation and preservation of food offered by food dealers at the event site or on the site of the Championships (including the Salésien de Sherbrooke premises), or purchased off-site of the Championships locations, it is the responsibility of the participants, athletes or

parents of minor athletes (less than 18 years old) to ensure that the products they consume, which may be given to them or purchased, do not constitute a danger to themselves.

Adult athletes and parents of minor athletes of less than 18 years of age must be aware that the athlete or child-athlete voluntarily participates in an intense and risky sporting activity thus they may be a victim of an event which may cause them bodily or material harm. The Club nautique de Sherbrooke inc and the Canoe-Kayak Canada cannot be held responsible for any bodily injury and/or material injury suffered by athletes during these Championships, unless they result from gross negligence on the part of their administrators and/or attendants.

TROPHY RETURN AND PROTOCOL

SECTION 4

TROPHY RETURN

All trophies must be returned to Judy Tutty, President of the CKC Prize Committee or to Catherine Nadon, Organizing Committee's Protocol Coordinator at the Armand-Nadeau Pavilion. They will be inventoried beginning on Sunday, August 26. Please make sure that the engraved nameplates of the 2017 winners have been placed on the trophies.



MEDAL AND TROPHY CEREMONIES

Where possible, the awards presentations will occur quickly after each race. Please tell your athletes that Awards Ceremonies volunteers will go and get them at the boat control area to escort them to the podium area, which is close by.

At the end of each race day, all of the awards that have not yet been given out will be given out in order of race number.

Winners may be asked to be interviewed by media. Let your athletes know of this possibility and review the appropriate interview etiquette with them.



COMMODORE'S SALUTE

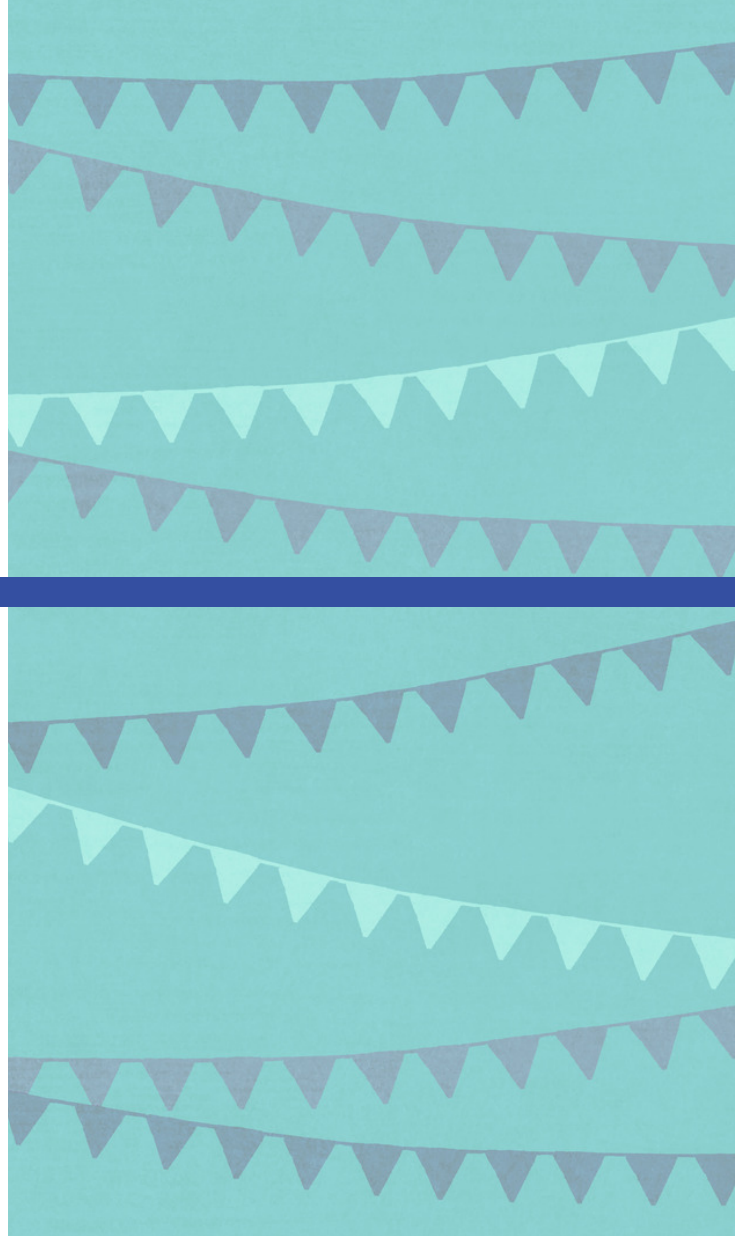
1. Line up on the far side of the course (lane 1 and 2) and turn to face the tower. Wait for further instruction from the PA announcer to come forward towards the tower.
2. The Commodore will take his place at the podium.
3. The starter will give a regular start command and the crews will paddle across the race course together.
4. The crews will stop at the lane 9-buoy line. The announcer will ask the crew to check their boats.
5. The announcer will then lead the crews with the three cheers for the Commodore with the following:

HIP HIP - HOORAY HIP HIP - HOORAY HIP HIP - HOORAY

6. The war canoe crews will join the announcer on each call and will raise their paddles with water on the tips when they call "Hooray".
7. The Commodore will respond with a wave.
8. The Athlete's Representative will present the Commodore's Cup to the Commodore. The boats are not to leave until instructed by the announcer.
9. War canoes will then proceed to the start line for the start of the U17 mens C15 race, scheduled for 1:50 p.m.

SPECIAL EVENTS

SECTION 5



TICKETS

Unless otherwise indicated, all tickets may be purchased in advance by using the on-line form.

Places are limited; reserve your tickets as soon as possible. You can pick them up at the Welcome Pavilion upon your arrival.



goo.gl/forms/haugSAG3bl2x1Dla2

COMMODORE'S COCKTAIL

Thursday, August 30 at 5:30 p.m.

Big Tent, Jacques-Cartier Park

In partnership with Deloitte

Cost of ticket: \$30

The grand opening celebration of the Canadian Spring Canoe Kayak Championships will take place as a cocktail-dinner. Canoe Kayak Canada representatives, dignitaries, sponsorship partners as well as many athletes will be in attendance. There will be a cash \$ bar.

ALUMNI RECEPTION

Friday, August 31

from 4:00 p.m. to 7:00 p.m.

Le Rendez-Vous, Jacques-Cartier Park

Free access

Come and meet Canoe Kayak alumni at a casual reception during the last hour of races, which includes the Black race. This is the perfect opportunity to talk about the future of our sport. Cash \$ bar.

ALUMNI DINNER

Friday, August 31, 7:30 p.m.

Restaurant Siboire Jacques-Cartier

40 Jacques-Cartier Boulevard South

Cost of ticket: \$40

This dinner will take place immediately following the Alumni Reception for those wishing to continue socializing.

The ticket price includes the meal on your choice on the restaurant menu and a pint of beer. Tickets will only be sold during the Alumni reception and places are limited.



MASTERS' COCKTAIL

Saturday, September 1

from 4:00 p.m. to 7:00 p.m.

Le Rendez-Vous, Jacques-Cartier Park

Free access

Come and join us in a festive atmosphere as you plan the races that you will take part in tomorrow! Details on Sunday's races will be provided to all the participants

SENIOR DANCE

Saturday, September 1 at 8:30 p.m.

Big Tent, Jacques-Cartier Park

Ticket cost: \$20

After several days of competition, it seems right that the competitors should meet on the dance floor. Food and cash bar on site.

Reserved to 18 years old and older.

There is limited capacity for this event.

Purchase your tickets as soon as possible.



JUNIOR DANCE

Saturday, September 1 at 8:00 p.m.

Le Salésien

135, Don-Bosco Street North

Cost of ticket: \$20

Finish this long week of competition at a DJ-led dance for athletes. The ticket price includes a piece of pizza and a soft drink.

Students in police technology will provide security. Only group tickets will be sold; individual tickets cannot be purchased.

Additional information

For each 10 tickets purchased by a Club, the Club must designate a chaperone to accompany the participants. The Club must provide the name of a chaperone for each group of ten participants. On Saturday September 1, chaperons must attend a brief meeting under the big tent. Ordered tickets will be given at this meeting.

MASTER'S DINNER

Sunday, September 2 at 6:00 p.m.

Big Tent, Jacques-Cartier park

Cost of ticket: \$40

Celebrate the end of the Championships at a friendly dinner and take this last opportunity to chat with your friends before you make your way home. Cash \$ bar.



TO ENHANCE YOUR STAY IN SHERBROOKE

SECTION 6

TOURIST INFORMATION

A Tourist Information Centre is located on the event site, near the spectators' section. Volunteers from Destination Sherbrooke (the City's Tourism Office) will be on hand throughout the Championships to answer questions and suggest sites and shows to see as well as restaurants.

To plan your stay in Sherbrooke, visit Destination Sherbrooke's website.

If you have any questions, you can contact the Tourist Information Centre at 1 800 561-8331.



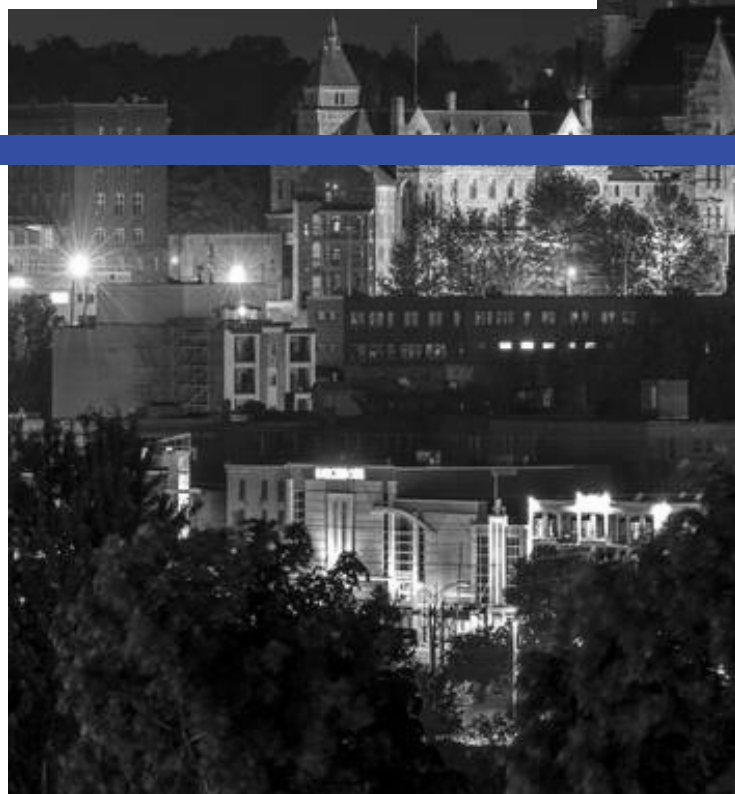
www.destinationsherbrooke.com/en/visitors

ACCOMODATIONS

The partner hotel establishments of the event are identified on the website of the event.



sprintnationals.canoe kayak.ca/accomodations/



VOLUNTEERING

Are you planning on accompanying your athletes to the Championships? You want to contribute to the success of the 2018 Championships?

The Organizing Committee is looking for volunteers to work on the security boats (officials and security); volunteers to help with security at the docks; finish line judges, be an assistant at the loading docks,...

The Organizing Committee thanks you in advance for your invaluable contribution.



sprintnationals.canoe kayak.ca/volunteers/

ENJOY
YOUR STAY!

