



CHAMPIONNATS NATIONAUX DE VITESSE  
**CANOE KAYAK CANADA**  
SPRINT NATIONAL CHAMPIONSHIPS

WASCANA LAKE • REGINA, SK

August 27 to September 1 • 27 août au 1er septembre 2019

**REGINA • 2019**



## Contacts

### Host Committee

Chris Laplante, Host Committee Co-Chair  
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### Canoe Kayak Canada

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## Bienvenue à Régina! Welcome to Regina!

On behalf of the Host Organizing Committee for the 2019 Canoe Kayak Sprint National Championships and the Wascana Racing Canoe Club, we'd like to welcome you to Regina and to Wascana Lake.

We extend a warm welcome and our renowned western hospitality to all the athletes, participants, coaches, sponsors, officials, volunteers, spectators and Canoe Kayak Canada personnel.

The Host Organizing Committee are working very hard to ensure that all details are taken care of for your time in Regina and throughout the national championships. We are here to ensure that your stay in our city and your time spent at our venue in Wascana Park is one of the highlights of your time out west.

Our committee is proud to host the 2019 national championships and are doing all that we can to ensure that we host another successful event following on the footsteps of past championships. We are confident that your time here will be enjoyable and will meet your expectations for excellence in sport.

If you require anything please do not hesitate to contact us or direct your questions to any one of our Host Committee members and volunteers. They will help in any way possible.

Please let us know if we can help with your plans or your stay while in Regina.

Chris Laplante & Aaron Patterson  
Co-Chairs, 2019 Canoe Kayak Sprint National Championships Host Committee

## INFORMATION PACKAGE

Wascana Lake in Regina offers an excellent venue for the 2019 Canoe Kayak Sprint National Championships.

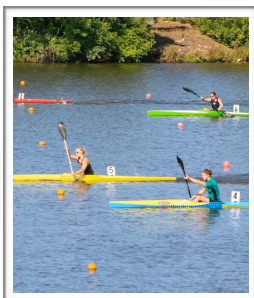
Wascana Lake is in Wascana Centre which is situated on traditional lands, referred to as Treaty 4 Territory, the original lands of the Cree (Nêhiyawak), Ojibwe, Saulteaux (Nahkawé), Dakota, Nakota, Lakota and on the homeland of the Métis Nation.

Wascana Centre is a 2300 acre urban green space and waterway park located in the heart of the city. Wascana Lake is within walking distance to downtown Regina and is a 10 minute drive from the airport. Its central location ensures easy access for those walking, biking, driving and using public transit.

Wascana Lake has been the host venue for canoe and kayak events such as the 2005 Canada Games and the national championships in 2006, 2010 and 2014. It was also the venue for the 2014 North American Indigenous Games and many inter-provincial and divisional regattas.

Wascana Lake provides the advantage of being a still water lake which is well sheltered from winds. When the lake was reconstructed in 2004, the race course was a major consideration in the design and the engineering of the new lake basin.

Athletes and coaches from across Canada consistently express their appreciation of Wascana Lake because of its fast water and top quality race course.



### Site Hours

Sunday, August 25  
10:00 hrs to 16:00 hrs

Monday August 26  
08:00 hrs to 16:00 hrs

Tuesday, August 27 to Sunday, September 1  
06:30 until the end of the races

### Security

There will be overnight security during the championships, starting on August 26 and ending the morning of September 2 at 07:00 hrs. Please note that personal items and valuables should not be left unattended. The Host Organizing Committee and Canoe Kayak Canada are not responsible for loss or damage to personal property.

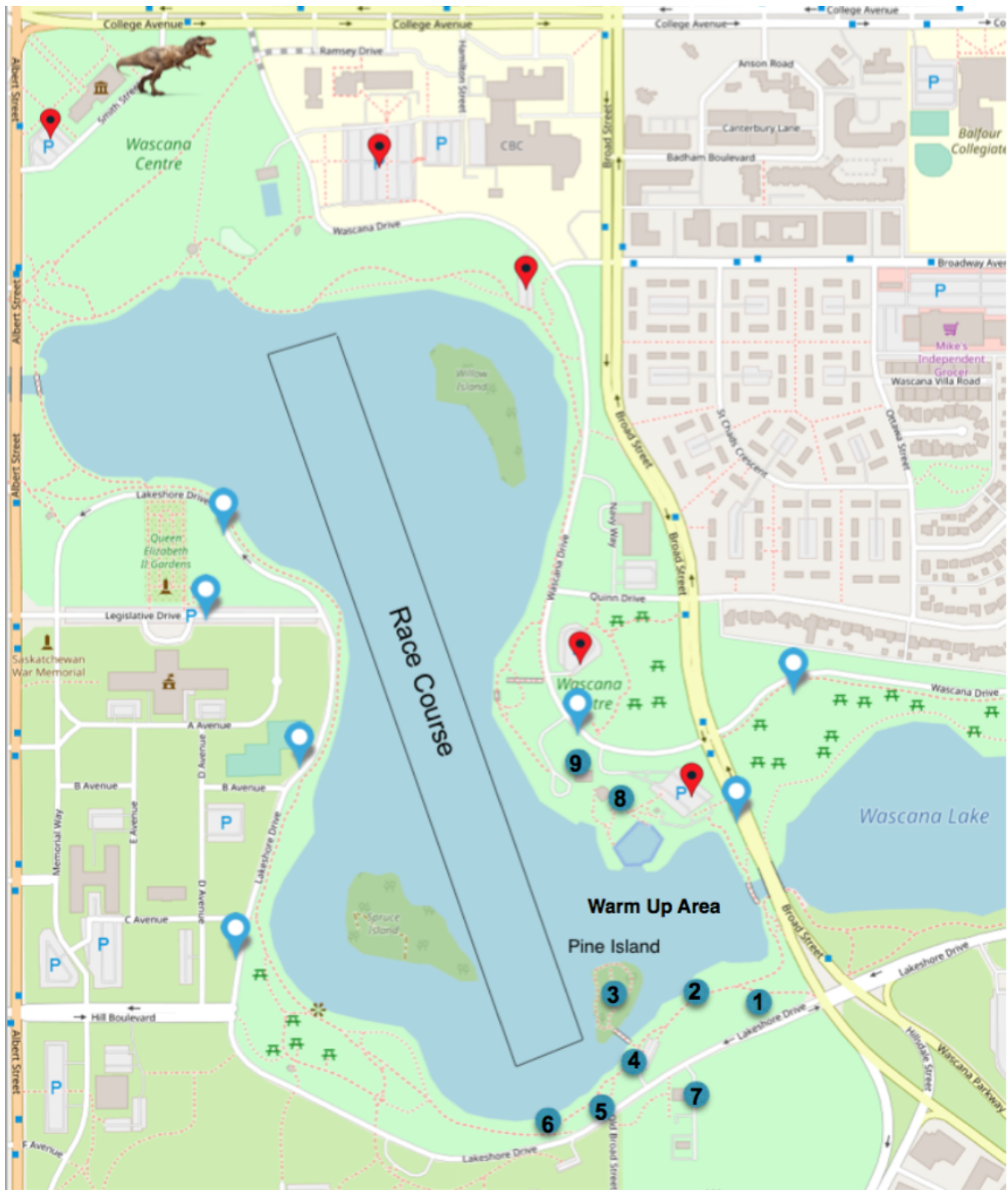
### Club Sites

The Athlete's Village and club staging area is in the meadow located south east of [Pine Island](#).

Each club will be assigned space, with room for boat storage and tents. Athletes can easily access boat control, the docks and the spectator area from the meadow. Volunteers will help you find your area when you arrive at the venue. Each club must have its own support for boats. We ask for your cooperation in staying within your designated area.

There will be bins for garbage and recycling throughout the Athlete's Village. Thank you in advance for using them and for keeping trash and recycling separate. If your club is doing food prep and serving meals in the Athlete's Village, please bring extra trash bags. They can be placed beside the trash bins for pick-up at the end of the day.

A public walking and cycling path crosses through the site. Be vigilant and please do not block the path.



- 1 Athlete's Village / Club Sites / First Aid Tent
- 2 Boat Control
- 3 Pine Island Spectator Viewing/Finish Line
- 4 Medal & Trophy Presentations
- 5 District Brewing Nationals Lounge
- 6 South Shore Spectator Viewing

- 7 Para-Athlete Parking
- 8 Bar Willow Eatery
- 9 Wascana Racing Canoe Club Boathouse

Red Flags - Parking Lots  
Blue Flags - Street Parking

## INFORMATION PACKAGE

### Boat Unloading & Trailer Parking

The site will be open beginning Sunday, August 26 at 08:00 hrs for the unloading of boats. Boat trailers enter Wascana Centre from Broad Street (Wascana Parkway), by turning west onto Lakeshore Drive.

Unloading of boats will be on Lakeshore Drive, between Broad Street and the entrance to the [Pine Island Parking Lot](#). This is directly south of the club adjacent to the athlete staging area. [Click here](#) for a map of Wascana Park.

There is NO parking on-site for trailers and club vehicles. Boat trailers can be parked at a lot near the [Caledonia Curling Club](#) (2225 Sandra Schmirler Way), which is located near the airport. Clubs are asked to unload their trailer and then leave the site immediately to allow room for other clubs to unload their boats and equipment. A map for the trailer parking location will be available at the Information Tent or from the on-site parking attendant.

Boat trailers will be allowed back on site again later in the day on August 30 for reloading. Lakeshore Drive will be closed while boat reloading occurs.

There will be NO parking spots at the venue reserved for coaches/clubs.

### Boat Control

Boat Control is located near the Athlete's Village between the meadow and the docks. The weighing scale will be available as of Monday, August 26 at 09:00 hrs.

Boat Control will be open from Tuesday, August 27 to Saturday, August 31, from 07:00 hrs until the end of the races.

There will be a limited amount of sand, tape and bags at Boat Control. Clubs are encouraged to have their athletes bring their own weights to ensure a smooth flow to Boat Control. There will also be a limited number of boat holders on-site in the area for Boat Control.

Please remind your athletes to listen for announcements at the end of each race for the boats that have to report to Boat Control. They will be announced by the on-site announcer.

### Club Training Times

On water training for clubs will be available during the following times. There will be a safety boat on the water during these times.

Sunday, August 25 starting at 10:00 hrs and ending at 16:00 hrs and Monday from 08:00 hrs to 16:00 hrs.

### First Aid & Safety

There will be a First Aid Station on-site located near the Athlete's Village. It will be open during competition hours.

The Emergency Action Plan Quick Reference Sheet can be found on the next page of the Information Package. Please become familiar with it. Coaches and Officials will receive more in-depth information at their meetings.

### Trophy Return

All trophies must be returned to the Organizing Committee's Protocol Coordinator, Vicky Neiser at the Pine Island Parking Lot. If you cannot locate Vicky, the volunteers at the Information Tent will be able to help you locate her.

Trophies will be inventoried beginning on Monday, August 26 between 10:00 hrs to 17:00 hrs. Please ensure that the engraved nameplates of the 2018 winners have been placed on the trophies.

### Event Schedule / Live Stream

The event schedule is only available online.

Download the "Canoe Kayak Canada" event app on the App Store or Google play to get the schedule of races and events. You can also get the race results on the Canoe Kayak Canada website or on our event website.

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](http://www.youtube.com/CanoeKayakCanadaCKC)

# INFORMATION PACKAGE

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2019 Canoe Kayak Sprint National Championships  
Regina Saskatchewan, Canada  
August 25 to September 1, 2019

Venue Emergency Response Quick Reference Sheet  
Pine Island / South end of Wascana Lake park  
1728 Lakeshore Drive Regina, Saskatchewan

Chief Official: Mike Moir: 306-533-8007 (Eleanor Malinowski's cell phone)  
HOC Chair: Chris Laplante: 306-501-7031 (cell)

## Fire

- Phone 911 – Fire Department
- Evacuate
- Notify Chief Official Mike Moir and HOC Chair Chris Laplante of area of concern
- **Note:** Fire Department is on site providing Rescue Boat Services

## Criminal/Violent Incident

- Phone 911 for police to attend
- Location is 1728 Lakeshore Drive Regina, near Pine Island in Wascana Park
- Notify HOC Chair Chris Laplante and Chief Official Mike Moir
- The incident control is turned over to the agency responding.

## For incidents requiring evacuation:

- Chief Official will contact HOC Chair
- Chief Official will work with HOC Chair and evacuate with directions from HOC Chair
- Evacuate to a predetermined safe location.
- HOC Chair will phone 911 Fire/Police

## Disaster Incident

- Chief Official and HOC Chair will assess the situation
- HOC Chair will phone 911 – Emergency (Advise of incident and type of response required)
- Chief Official as well as Competition Committee in consultation with CKC staff and HOC will decide on best course of action given nature of incident.

## Severe Weather

- The HOC Chair will monitor day-to-day weather conditions throughout the competition, and will advise the Chief Official of any severe weather conditions developing.
- The Chief Official and CKC will issue a severe weather watch communication message to those who need to know. The Competition Committee will decide whether to suspend or postpone events, and the need for possible evacuation. There is a CKC Code of Safety that applies to the suspension of a competition.

## Hazardous Materials Incident

- Notify HOC Chair Chris Laplante and contact the Fire Department (911)
- Evacuate the immediate area and those in it to a safe area
- HOC Chair will Inform Chief Official

## Injuries That Require Medical Attention

### PARTICIPANTS

- Notify medical first aid tent, if severe injury call 911 at direction of medical / First aid personnel
- Conduct first aid / CPR if qualified.
- Notify Chief Official Mike Moir
- Non-emergency: Assist participant to medical First aid area

### VOLUNTEER/SPECTATOR

- Notify medical/First Aid, if severe injury call 911 at direction of medical / First aid personnel
- Conduct first aid / CPR if qualified.
- Notify HOC Chair Chris Laplante who will update Chief Official Mike Penfound

## On Water Incident

- The Site Safety Officer has full control of all on water rescue incidents and will direct the lifeguard and other safety boats as required. The Chief Official will also be present to assist with the directions, given the nature of the incident.
- The first Aid Medical tent will be advised by the Chief Official or the Site Safety Officer to activate, and to attend to the participant needs. The athlete will be transported to the shore at the closest athlete dock to Pine Island and will be met there by First Aid / Medical Personnel.

***THE CKC Code of Safety supersedes any of the above noted measures.***



# INFORMATION PACKAGE

## Food Services

You will be able to purchase food and beverages on-site, near the spectators' area, not far from the Athlete's Village. There will be food vendors on-site throughout the week.

Athletes and spectators may also choose to visit the [Bar Willow Eatery](#) restaurant, located in Wascana Park and a short walk from the main site. They will be featuring daily specials and you can enjoy their deck and still watch races!

There are other nearby restaurants in Wascana Park and the venue location provides easy access to the areas of the city where there are many food choices. Grocery stores are close-by as well.

We've included a lot of information about options for [grocers and restaurants](#) in the Explore YQR section of our website at: <https://sprintnationals.canoeekayak.ca/rg/>.

## District Brewing Nationals Lounge

The [District Brewing](#) Nationals Lounge is back by popular demand and is located directly in front of the finish line on the south shore of Wascana Lake. Craft beer, brewed locally by District Brewing Company will be featured.

The Nationals Lounge is open at 12:00 hrs daily and provides spectators with a shady place with a great view to enjoy a refreshment, socializing and front row seats on the finish line. You must be 19 years or older to be in the lounge.

We'll have some great Canadian tunes playing and a few trivia contests for those who like to compete in other ways. Come by for a visit!

## General Parking

Parking in Wascana Park is free but limited. Our [site map](#) shows the location of parking lots and street parking. There is also some street parking allowed at a few locations within the park and on the west side of Broad Street (southbound).

Please note that there are many non-parking areas within the park so be mindful of posted signs. Illegal parking may result in a ticket and/or your vehicle being towed.

Those coming early in the day can also check out the street parking on 23rd Avenue between Hillsdale and Albert Street (not shown on the site map). You can walk north on "Old Broad Street" (now a walking path) right to the venue.

## Public Transit / Bike Paths

The City of Regina's Transit services provide safe, reliable, affordable and accessible transportation for residents and visitors through a regularly scheduled fixed-route transit system. This is a link to more information about Regina's public transit system: <http://www.regina.ca/transportation-roads-parking/transit/index.html>

Regina has a pathway system for bikes. There are also a few on-street bike routes, but most of the hotels in Regina are not located on the pathway system or close to the on-street routes. This is a link to interactive maps of the bike system in Regina and a list of the on-street routes: <https://www.regina.ca/parks-recreation-culture/parks/pathways/#outline-on-street-bicycle-routes>

If you are staying at hotels on Albert Street (Fairfield, Travelodge, Executive Inn & Suites), you can get onto the Wascana Park pathway system within a few blocks of the hotels or get onto the Broad Street/Wascana Parkway on-street route.

If you are staying at hotels in the downtown core (Delta, Ramada) you can link to the path system in Wascana Park using the bike routes on Smith Street (going south from downtown) or Lorne Street (going north to downtown).

# INFORMATION PACKAGE

## Vendors

Official clothing of the event will be available on site.

[Piper Sports Photography](#) is the official photographer of the event and will have photos available for purchase.

Find PSP online at: <https://www.pspask.com>

## Volunteering

Are you planning on accompanying your athletes to the championships? Do you want to contribute to the success of the event?

The Organizing Committee is looking for volunteers for several positions. Thank you in advance for your valuable contribution.

Contact us at: [volunteeryqr@gmail.com](mailto:volunteeryqr@gmail.com)

## Accommodation

All of our [partner hotels](#) are listed on the nationals event website.

<https://sprintnationals.canoeKayak.ca/accommodations/>

## Medal and Trophy Ceremonies

The podium will be located at the foot of Pine Island.

Where possible, the awards presentations will occur immediately after each race. Athletes are asked to attend the podium area as soon as they have finished at Boat Control.

## Explore YQR

There is plenty to see and do in Regina. We will have tourist information and maps available at the Information Tent.

And visit these links of the event website:

- [Right in Wascana Park](#)
- [Things to do in Regina](#)
- [Restaurants & Grocers](#)

There is so much to see without even leaving Wascana Park! Wascana stretches almost all the way across Regina, with most of the major attractions hosted within walking distance of the main venue site for the 2019 Canadian Canoe Kayak Sprint National Championships.

If you're coming a few days early, or want to sneak away for a short break during the competition, check out this list of what Wascana Park has to offer.

Also check out the [Visitor Centre](#) in the Provincial Capital Commission building just northeast of the Wascana Racing Canoe Boat House.

## Social Media

Facebook: <https://www.facebook.com/CKCSprintNatsRegina/>

Twitter: @CKCSprintChamps

Instagram: @CKCSprintChamps

#Regina2019



## Events & Meetings

Ticket information available at [www.sprintnationals.canoe kayak.ca/special-events/](http://www.sprintnationals.canoe kayak.ca/special-events/)

### Coaches Meeting

Date: Monday, August 26

Time: 17:00 hrs

Location: Canada Games Room (located adjacent to the Wascana Racing Canoe Club)

There will be a welcome reception at the [Bar Willow Eatery](#) following the Coaches & Officials Meetings

### Officials Meeting

Date: Monday, August 26

Time: 18:00 hrs

Location: Canada Games Room (located adjacent to the Wascana Racing Canoe Club). See above note about reception.

### Commodore's Reception

Date: Tuesday, August 27

Time: 18:30 hrs to 22:30 hrs

Location: RCMP Training Academy - General Mess Hall (located in the building behind the RCMP Chapel)

Cost: \$25.00 - includes appetizer & food stations. Cash bar.

Tickets are available until the end of the race day on August 27 or when sold out. [Click here to purchase.](#)

### Alumni Party

The Canoe Kayak Canada Alumni Council invites you to their 3rd annual Alumni Party. This event brings together alumni, athletes, families and fans to mix, mingle and support a great local cause.

This year they will be donating a portion of the ticket price to Give Kids a Chance, which supports KidSport, Dream Brokers and JumpStart in Saskatchewan.

The event is family friendly and will be held on the deck at the [Bar Willow Eatery](#) overlooking Wascana Lake.

Date: August 30

Time: 17:30 hrs

Location: Bar Willow Eatery, 3000 Lakeshore Drive

Cost: \$30 - includes a drink (non-alcoholic options available) (children's price TBA). [Click here to purchase.](#)

We encourage you to purchase tickets in advance however tickets may also be available at the event. (Pending the capacity at Bar Willow Eatery).

### Commodore's Salute

Date: August 31

Time: Prior to the start of the afternoon's races

### CanMas Meet & Greet

Date: Saturday, August 31

Time: 16:30 hrs

Where: District Brewing Nationals Lounge (South Shore by Pine Island)

CanMas participants receive a drink ticket & appetizers provided by Bar Willow Eatery.

### Junior Dance

Date: Saturday, August 31

Time: 21:00 hrs to 01:00 hrs

Location: Caledonian Curling Club - [2225 Sandra Schmirler Road](#)

Cost: \$15. [Click here](#) to purchase.

Tickets available until the end of the race day on August 31

### Senior Party

Date: Saturday, August 31

Time: 21:00 hrs to 01:00 hrs

Location: Caledonian Curling Club - [2225 Sandra Schmirler Road](#)

Ticket Cost: \$15. [Click here](#) to purchase.

Tickets available until the end of the race day on August 31

### Master's Dinner

Date: Sunday, September 1

Reception: 18:00 hrs

Dinner: 19:00 hrs

Awards: 22:30 hrs

Location: Bar Willow Eatery - 3000 Wascana Drive

Cost: \$27.54. [Click here](#) to here purchase tickets.

Tickets on Sale until August 29.



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