CANOE KAYAK ONTARIO SPRINT

To: Ontario Team & Invited Athletes and Club Coaches
From: Ryan Blair, Technical Director, Canoe Kayak Ontario (CKO) Sprint
Subject: Ontario Team 2026 Ottawa On-Water Training Camp

October 2-4, 2026, Ontario Team Ottawa On-Water Training Camp

The camp is hosted by Canoe Kayak Ontario (CKO) Sprint and supported by the Canadian Sport Institute Ontario and the Ministry of Sport.

Who is Invited?

- 2026 Ontario Team & Special Olympics Team Athletes
- Invited Athletes who have met the 2027 Ontario Team Selection Criteria

Location

Rideau Canoe Club – Ottawa, ON

Coaching Staff

Ryan Blair, Technical Director, CKO Sprint
Ellie Lanouette, Manager, CKO Sprint
Additional staff information will be provided in the camp update.

Camp Objectives

1) Specific aerobic training
2) Crew boat training
3) On-water testing for OHPSI/OAAP nominated athletes
4) Ontario Cup – Long Distance Regatta (open to all club members)
5) Team building activities

Dates and Tentative Schedule

FRIDAY Oct 2	SATURDAY Oct 3	SUNDAY Oct 4
Travel	8:00 am – 10:30 am Paddle #2 & *on-water testing 11:00 am Workshop & Team Building 11:30 am lunch	8:00 am – 4:00 pm Ontario Cup Long Distance Regatta 11:30 am lunch
4:00 pm Paddle #1 6:00 pm dinner	2:00 pm – 5:00 pm Paddle #3 & #4	Travel

	5:00 pm Team dinner & activity	

Equipment
What you should bring with you to camp:

1. Heart rate monitor (if you have one)
2. Boat & paddling equipment
3. Cold weather clothing for paddling and out-door activities
4. A reusable water bottle – the camp will be a disposable water bottle free environment.

Travel & Boat Transportation
All athletes are responsible for their own transportation. Athletes can be picked up at **3:00 pm on Friday, October 2nd and dropped off at 5:00 pm on Sunday, October 4th** at the Ottawa Tremblay Road train station. Athletes may use a taxi service from the train station at their own expense.

Boat transportation details will be provided in the camp update.

Athlete Accommodation
Please indicate on the registration form if you require accommodation. Athlete accommodation is at the Ramada by Wyndham Ottawa on the Rideau. Up to 3 athletes per room.

Food
Dinner will be provided on Saturday and lunch on Saturday and Sunday for all participants. All meals will be provided for those staying in the hotel. Athletes are responsible for their own food while traveling.

Registration & Fees

Please complete the online RAMP registration and payment by Sunday, September 27, 2026, using the following link.

- $50 2025 OHPSI/OAAP (Q4G) Team members – includes camp fee, food, accommodation, and Long Distance Regatta entry fee.
- $175 no accommodation required – includes camp fee, and food, and Long Distance Regatta entry fee.
- $350 accommodation required – includes camp fee, food, and accommodation, and Long Distance Regatta entry fee.

Financial assistance: athletes requiring support should contact Ryan Blair ryan@ckosprint.ca by **September 27, 2026**.

Participant Conduct
Athletes and staff are expected to conduct themselves in an exemplary manner as representatives of CKO Sprint, and their club. All participants must:

- Comply with CKC's Safe Sport policies and CKO Sprint's Person in Authority (PIA) guidelines.
- Attend all sessions unless excused by staff.
- Be in their own rooms by the designated curfew time.
- Maintain a clean-living environment.

- Always show consideration for hotel staff, its facility and property.
- Contribute to a positive training environment, including refraining from any form of harassment.
- Obey all competition/training camp and hotel rules, and the laws of Ontario.
- Respect all participants and follow staff instructions.

Violation of the regulations may result in disciplinary action, including possible expulsion from the competition/training camp (at the person's own expense), and/or suspension from CKO Sprint team and events. Please see CKO Sprint's Dispute Resolution And Appeal Policy for further information.

If you have any questions, feel free to contact me.

Ryan Blair | Technical Director
Canoe Kayak Ontario Sprint
(647) 505-9476 | ryan@ckosprint.ca | www.ckosprint.ca