

Harbourfront Centre

camps

canoe & kayak
appendix

'22





Harbourfront Centre Canoe Kayak Camps are delivered in Partnership with Harbourfront Canoe and Kayak Centre. Our team of qualified instructors are committed to holding the highest standards of safety and instruction in regards to your child's welfare. Campers are primarily grouped by age, however individual experience and skill level will direct final grouping decisions. We recognize that campers mature and progress at different paces; our instructors continuously monitor and assess each participant to maximize enjoyment and safety.



Campers arrive from their morning travel locations and are checked into their individual camp and taken to their individual groups where they are prepared for the day by their instructors. The instructors prepare campers for the day ahead by sharing the day plan, facilitating morning prep such as sunscreen application, snack, and washroom breaks. Next, campers are taken to the Canoe and Kayak centre where instructors use a variety of on-land lessons and activities in preparation for launching into the water with their assigned boats. This time is also spent preparing campers for paddling through equipment fittings and safety checks. Groups typically leave from land around 10 a.m. to their destinations on the island and Toronto Harbour. Typical day plans are outlined in the camp-specific sections below. Every camp day will include time for lunch and snacks, time in the shade, sunscreen re-application, and washroom breaks throughout. All groups return to the Canoe & Kayak Centre by 3pm, at which time they are taken to their end of day locations at the Harbourfront centre.



It is always our intention to ensure campers spend as much time as possible on the water and exploring the islands. However in certain weather situations, our instructors may adjust day plans to ensure that camper safety is maintained at all times. Weather situations include forecasted and observed weather including wind, rain, and other factors. If the decision is made to remain landside, this can be either for the entirety of the day or for a select duration, and can still involve time spent on the water. The main difference between a landside day and a regular day is that groups are not crossing to a different location for the day's activities. If a group is to remain on land, instructors are designated indoor and outdoor facilities throughout Harbourfront Centre's Main Campus where they are equipped with paddling-themed lessons and team building activities to ensure campers are learning and engaged.

This appendix details the additional information needed for all of our Canoe and Kayak programs. For information on other camp policies, how to get to camp, and other camp necessities, please see our Camps Handbook.



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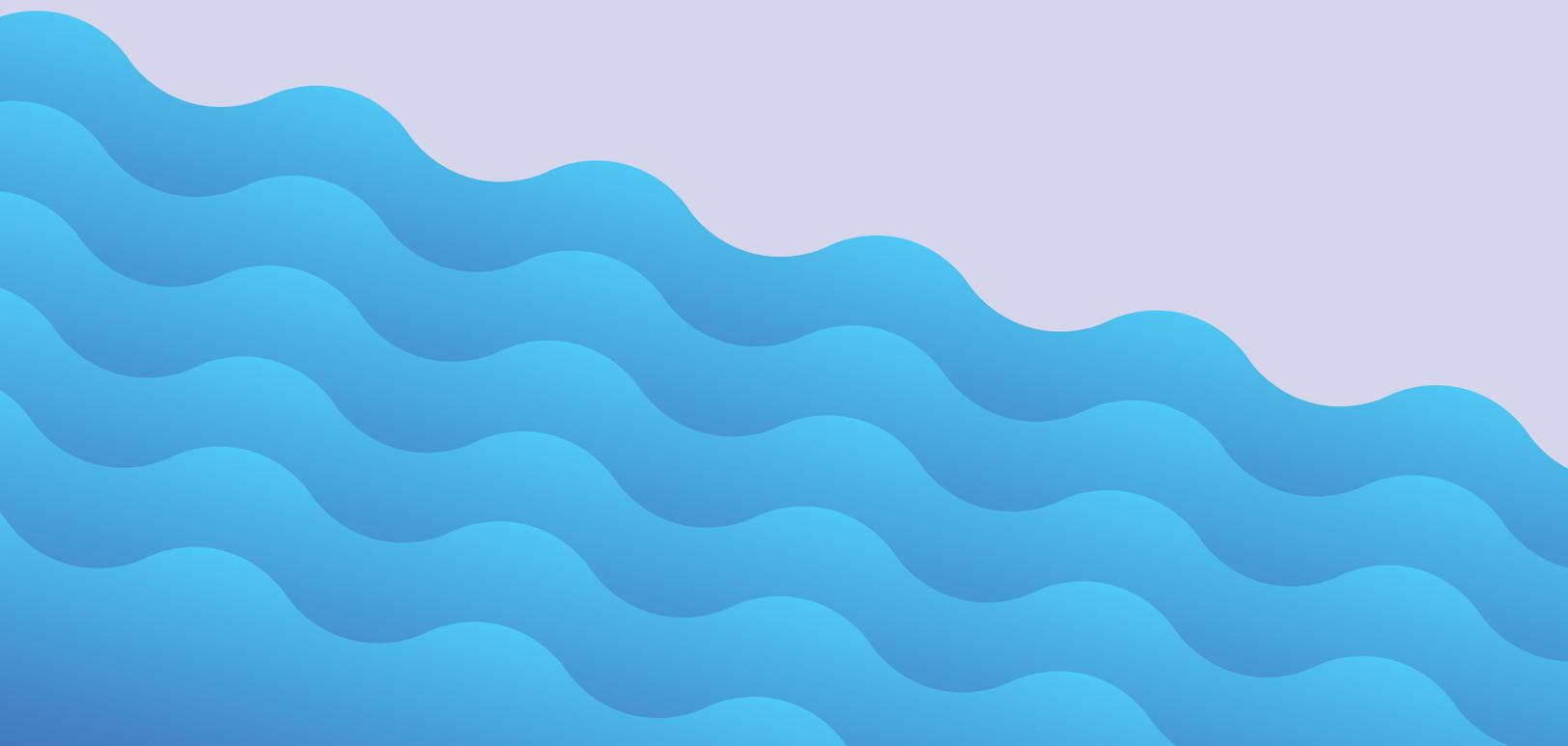


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junior canoe

This camp is for campers looking for an adventure through the Toronto Islands and Inner Harbour. This camp includes instruction of basic paddle strokes using our 24-foot to 36-foot Voyageur Canoes and/or our 16-foot Tandem Canoes. We include some exciting outdoor activities and games that will be sure to inspire a love for paddling and the outdoors. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting).



skills taught

- Proper canoe entry and exit strategies
- Safety on the water
- Gear (Paddle, PFD) fitting
- Parts of a canoe & paddle
- Paddling skills
 - Forward stroke
 - Backward stroke
 - Draws (sideways & turn)
 - Pries (sideways & turn)
 - Stopping

theory lessons

- Intro to Island history and layout
- Intro to Navigation
- Nature Conservation
- The 3 W's
 - Wind planning
 - Wave Navigation
 - Watercraft laws (right of way)

activities

- Team building games
- Fun team and independent activities
- Arts and crafts (paddling themed)
- Island Nature Exploration
- Paddling skill development
- Paddling games
- Island nature exploration
- On water island exploration



canoe camp

Campers will explore Toronto's protected Inner Harbour and the amazing lagoons of the Toronto Islands while learning paddling skills, water safety, environmental awareness and weather management. Leadership games and other fun on-land activities will take place in various locations including the Toronto Islands. This camp is taught primarily using our 16-foot Tandem canoes, but campers will also be exposed to voyageur canoe paddling. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting).

skills taught

- Proper canoe entry and exit strategies
- Safety on the water
- Lifts and carries (includes portaging)
- Gear (Paddle, PFD) fitting
- Boat outfitting
- Parts of a canoe and paddle
- Paddling skills
 - Forward stroke
 - Backward stroke
 - Draws (basic and sculling)
 - Pries
 - J-Stroke (steering)
 - Stopping

theory lessons

- Sweep Stroke
- Sideward Displacement
- Pivots
- Tandem and solo Canoe rescue (TX method)
- Raft formation
- Voyageur canoe paddling
- Safe canoeing procedures
- Types of canoes and paddles
- Paddling accessories and use
- Weather precautions
- Canoe history
- Island history and geography
- Navigation
- Knots
- Packing for a day trip
- Equipment care
- Voyageur canoe strategy
- The 3 W's
 - Wind planning and weight placement (packing)
 - Wave Navigation
 - Watercraft laws (right of way)

activities

- Team building games
- Leadership activities
- Island Nature exploration
- Paddling skill development
- Paddling games
- Arts and crafts (age specific and paddling or nature themed)
- On water island exploration



kayak camp



Campers learn the exciting sport of kayaking through expert instruction in paddling technique, equipment function boat rescues and water safety. Campers learn paddling skills, packing skills, environmental awareness and weather management. Leadership games and other fun on-land activities will take place in various locations including the Toronto Islands. This camp is taught using our solo sea kayaks, but campers may be exposed to tandem kayaks as well. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting).

skills taught

- Proper kayak entry and exit strategies
- Lifts and carries
- Safety on the water
- Gear (Paddle, PFD) fitting
- Boat outfitting
- Parts of a Kayak and paddle
- Paddling skills
 - Forward stroke
 - Backward stroke
 - Steering (stern rudder)
 - Draws (basic and sculling)
 - Edging
 - Bracing
 - Bow roll
 - Stopping
 - Sweep Stroke
 - Sideward Displacement
 - Pivots
 - Wet Exits
 - TX-Rescues (partner) and self-rescues
 - Raft formation

theory lessons

- Safe paddling procedures
- Types of kayaks and paddles
- Paddling accessories and use
- Weather precautions
- Kayak history
- Island history and geography
- Navigation
- Knots
- The 3 W's
 - Wind planning and weight placement (packing)
 - Wave Navigation
 - Watercraft laws (right of way)
- Packing for a day trip
- Equipment care

activities

- Team building games
- Leadership activities
- Island Nature exploration
- Paddling skill development
- Paddling games
- Arts and crafts (age specific and paddling or nature themed)
- On water island exploration



outdoors bound

In this introduction to the great outdoors, campers will learn valuable skills in canoeing, water safety, campsite safety, fire safety, packing smart, map & compass, and tenting. This exciting camp fosters an interest and appreciation for the environment in the outdoors. This camp includes instruction of basic paddle strokes using our 24-foot to 36-foot Voyageur Canoes and/or our 16-foot Tandem Canoes with opportunity to try our solo kayaks and Stand Up Paddleboards. Additionally, this camp places a strong emphasis on the diverse ecology and history of the islands and teaches campers about our relationship with it. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting).

paddling skills

- Proper canoe entry and exit strategies
- Safety on the water
- Lifts and carries (includes portaging)
- Gear (Paddle, PFD) fitting
- Boat outfitting
- Parts of a canoe and paddle
- Paddling skills
 - Forward stroke
 - Backward stroke
 - Draws (basic and sculling)
 - Pries
 - J-Stroke (steering)
 - Stopping
 - Sweep Stroke
 - Sideward Displacement
 - Pivots
 - Tandem Canoe rescue (TX method)
 - Raft formation
 - Voyageur canoe paddling

outdoor skills

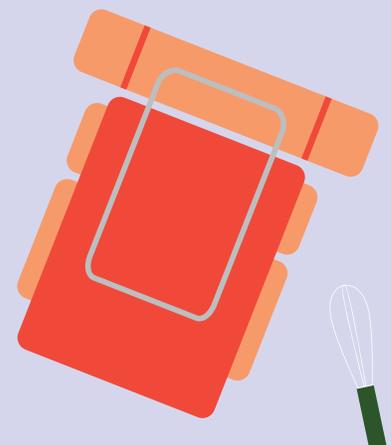
- Smart packing
- Outdoor precautions and safety
- Toronto island ecology (safe and unsafe species)
- Camping safety
- Campsite setup and takedown
- Environmental awareness
- Tent building (on a beach and grass site)
- Safe fire building
- Weather forecast use
- orienteering

activities

- Team building games
- Leadership activities
- Island Nature exploration
- Paddling skill development
- Paddling games
- Arts and crafts (age specific and paddling or nature themed)
- On water island exploration

theory lessons

- Safe paddling procedures
- Weather precautions
- Paddling history
- Island history and geography
- Navigation
- Knots
- The 3 W's
 - Wind planning and weight placement (packing)
 - Wave Navigation
 - Watercraft laws (right of way)
- Packing for a day trip
- Equipment care
- Paddling accessories and use



amazing outdoors

In this introduction to the great outdoors, campers will learn valuable skills in canoeing, water safety, campsite safety, cooking, packing smart, map & compass, and tenting. This camp includes instruction of basic paddle strokes using our 24-foot to 36-foot Voyageur Canoes and/or our 16-foot Tandem Canoes, with opportunities to try our solo kayaks and Stand Up Paddleboards. To end off this fun skill-filled week, campers will team up and use the skills learned in this camp on a supervised 'Amazing Race' type challenge day on the Toronto Islands. This camp is sure to leave a lasting impression and love for the outdoors. This camp places a strong emphasis on the diverse ecology and history of the islands and teaches campers about our relationship with it. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting).

paddling skills

- Proper canoe entry and exit strategies
- Safety on the water
- Lifts and carries (includes portaging)
- Gear (Paddle, PFD) fitting
- Boat outfitting
- Parts of a canoe and paddle
- Paddling skills
 - Forward stroke
 - Backward stroke
 - Draws (basic and sculling)
 - Pries
 - J-Stroke (steering)
 - Stopping
 - Sweep Stroke
 - Sideward Displacement
 - Pivots
 - Tandem Canoe rescue (TX method)
 - Raft formation
 - Voyageur canoe paddling

outdoor skills

- Smart packing
- Outdoor precautions and safety
- Toronto island ecology (safe and unsafe species)
- Camping safety
- Campsite setup and takedown
- Environmental awareness
- Tent building (on a beach and grass site)
- Safe fire building
- Weather forecast use
- Orienteering

activities

- Team building games
- Leadership activities
- Island Nature exploration
- Paddling skill development
- Paddling games
- Arts and crafts (age specific and paddling or nature themed)
- Amazing race scavenger hunt
- On water island exploration

theory lessons

- Safe paddling procedures
- Weather precautions
- Paddling history
- Island history and geography
- Navigation
- Knots
- The 3 W's
 - Wind planning and weight placement (packing)
 - Wave Navigation
 - Watercraft laws (right of way)
- Packing for a day trip
- Equipment care
- Paddling accessories and use

paddle sports

In this introduction to paddling in a lake environment, campers will learn the skills necessary for Canoeing, Kayaking and Stand-Up Paddleboarding confidently. This camp offers our most diverse set of paddling skills, as campers will be given opportunities to use our tandem canoes, voyageur canoes, solo and tandem kayaks, and Stand Up Paddleboards. We will be using Toronto's inner harbor and the waterways of the beautiful Toronto Islands to tour and learn efficient paddling and safety skills. Most of our time is spent on the water and within the Toronto Islands and harbour (weather permitting). Boats used will vary at instructor discretion based on weather and group ability.

skills

- Proper canoe, kayak, SUP entry and exit strategies
- Safety on the water
- Lifts and carries (includes portaging)
- Gear (Paddle, PFD) fitting
- Boat outfitting
- Parts of a each boat and paddle
- Paddling skills (vary depending on type of boat used):
 - Forward stroke
 - Backward stroke
 - Draws (basic and sculling)
 - Pries
 - J-Stroke (steering)
 - Stopping
 - Sweep Stroke
 - Sideward Displacement
 - Pivots
 - Tandem Canoe rescue (TX method)
 - Raft formation
 - Voyageur canoe paddling

theory lessons

- Safe paddling procedures
- Weather precautions
- Paddling history
- Island history and geography
- Navigation
- Knots
- Benefits and differences between types of boats
- The 3 W's
 - Wind planning and weight placement (packing)
 - Wave Navigation
 - Watercraft laws (right of way)
- Packing for a day trip
- Equipment care
- Paddling accessories and use (specific to type of boat used)

activities

- Team building games
- Leadership activities
- Island Nature exploration
- Paddling skill development
- Paddling games
- Arts and crafts (age specific and paddling or nature themed)
- On water island exploration



what to bring



Campers will be spending the majority of their time outdoors and on the water. Make sure to bring the following items each day:

required

- Refillable Water bottle
- Sunscreen with a minimum SPF of 30 or above
- Brimmed Hat
baseball cap, bucket hat, panama hat, etc..
- sunglasses with UVA & UVB protection
- Soft-soled water shoes
Closed toe shoes are best, but sandals are also acceptable.
- Spare set of dry clothes
- A waterproof jacket/rain jacket
even on sunny days
- A bathing suit and towel
- Lunch and snacks
If on meal plan, we still recommend you send snacks on the first day to ensure camper satiety.

optional

- Extra bag for wet clothes
- Floating eyeglass strap
Most sunglasses and glasses sink without one
- Transport Canada approved lifejacket/PFD
We provide each camper with one but if your child would like to bring their own they are welcome to do so
- Waterproof case for electronics
Campers take all their belongings onto the boat with them

not recommended at camp

- Money
Unless necessary for after camp
- Electronics and other valuables
- Heavy cotton fabrics
They do not dry fast and can lead to camper discomfort in hot temperatures
- Flip flops
Not safe for running and do not provide adequate foot protection
- Glass containers
For water and food
- Jewelry

Please label all of your camper's items with first and last names to ensure that it is returned to you, should something go missing. Campers who use their own equipment will have it checked by instructors prior to use.

Please leave all unnecessary valuables (phones, game systems, etc.) at home. If bringing to camp a must, invest in a waterproof container such as a pelican box or dry bag to protect. Bring at own risk.

frequently asked questions

what happens when it rains or there is strong wind?

Camp runs rain or shine. On rainy days, we will plan on being on the water provided that wind and weather conditions are safe. In the occurrence of thunder/lightning and/or other severe weather, the day will be conducted indoors or in sheltered outdoor areas. Please make sure your child has proper rain gear to keep warm and dry.

does my child need to know how to swim?

All our campers are required to wear life jackets when near or on the water. These devices are designed in a way to assist non-swimmers stay afloat safely. Additionally, our camp groups each have an instructor with lifesaving certifications should your child need assistance. At the start of each week, instructors go over safe boat boarding and exiting, as well as steps to take if someone were to fall in. Any deliberate swimming activities will be optional.

what if my child gets injured?

All of our instructors have valid First Aid and CPR certifications. There is also an in-house healthcare staff employed by Harbourfront Centre. We consider any accident seriously, whether minor or major, and coordinate injuries via an Emergency Action Plan, which involves regular staff training to keep incidences to a minimum. Paddling comes with inherent risks, but we do keep parent contact details on hand and usually only have to deal with minor cuts and scrapes.

will the boats flip?

There is no guarantee that a canoe or kayak will not capsize while on the water, but fortunately, Lake Ontario conditions minimize the chances of this happening. Safety is our number one priority and our instructors are all trained in rescuing capsized boats. Unless stated in the course syllabus your child will not take part in a controlled or scheduled capsize. Although at times there is a stigma with capsizing – we can assure you it is actually a lot of fun!

what does my camper do about lunch?

There are two options for lunch while at camp. Either a packed lunch is brought from home to the centre each day or campers sign up for a meal plan for an additional cost. Please do not give your camper money for lunch, as they will not be able to leave site to purchase items. In addition to lunch break, campers are given time to eat snacks to maintain their energy levels. We recommend providing one or two along with their lunch.

will my camper wear a lifejacket? (PFD)

Every camper MUST wear a lifejacket or PFD at all times on the water. Your camper is welcome to bring their own as long as it meets current weight ratio requirements.

do you take water quality into account?

We constantly monitor our water quality by looking at the Toronto swim guide recommendations. These recommendations are done by the Toronto Water Keepers by testing the water directly in the Rees Slip as well as other location in the Harbour. Usually, our rating from the swim guide is better than most other areas of the Harbour, but even with this higher rating we are cautious of our children being in direct contact with the water. If water quality is less than ideal, we will modify our programming.

will my camper be with their friend?

Students are grouped by ability, age, size, and instructor recommendation. Placement decisions are guided by safety considerations and the skills demonstrated by campers. We recognize that campers mature and progress at different rates; our instructors closely monitor and assess each participant on an on-going basis. Campers will be placed with their friends whenever possible.