

OTTAWA ROWING CLUB
Travel Fact Sheet

RowOntario Championship
Welland, Ont.
July 23-25, 2010

<http://www.rowontario.ca/Content/Events%20and%20Activities/Championships/Open.asp>

Directions to the South Niagara Rowing Course

From Toronto:

- From QEW Niagara, take Regional Road #24(Exit 57) at Vineland
- Turn right off the QEW and proceed South for 24 km to Forkes Road
- Turn left onto Forkes Road(at the Firestone Dealer) and proceed 10km to Colborne Street
- Turn left onto Colborne Street(just prior to the bridge)
- Follow Colborne Street to the end
- South Niagara Rowing Club is located at the end of Colborne Street

The RowOntario Championships is a competitive regatta with crews from across the province. Medals are awarded to first, second and third place finishers. The regatta takes place on the old Welland Canal in Welland, Ont. at the South Niagara Rowing Club. <http://www.southniagararowingclub.com/index.html>

Travel: Junior athletes are required to travel to and from the regatta on buses chartered by the ORC.

Departure: ORC

Friday July 23, 2010

7:15 am (bus leaves at 7:30 am)

Return: ORC

Sunday July 25, 2010

between midnight and 1:00 am

Accommodations: Junior athletes are required to stay at accommodations arranged by ORC.

Niagara College Residence and Conference Centre

555 First Avenue

Welland, ON

905-732-9700

http://www.checkintothecentre.com/loc_welland_suites.html

In Welland (schedule subject to change)

July 23:

- Athletes travel from Ottawa to Welland with one meal stop on-route;
- Bus arrives directly at the regatta site to unload and rig boats, erect tent and practice (if time permits);
- Athletes then travel by bus to Niagara College with a stop at a grocery store for athletes to buy food for breakfasts and dinner (microwavable) for those who choose not to bring their food with them

July 24:

- Athletes may have breakfast at the residence
- Coaches will advise on morning bus departures for practice and competition schedule;
- Day spent at regatta site
- A food shopping stop will be scheduled at the end of the day on return to Niagara College for dinner in suites

July 25:

- Athletes may have breakfast at the residence in their rooms
- Coaches will advise practice and competition schedule;
- Athletes must pack and check out of residence in the morning when leaving for the regatta;
- At close of competition, trailers are loaded and bus departs;
- One meal-stop on-route to arrival at ORC approximately 11:00pm-midnight.

What you should know:

- Residence:
 - Each suite contains: 2 bedrooms (each with double bed & tv); kitchen (fridge, microwave, table, 2 chairs), bathroom with shower – Suite amenities - <http://www.checkintothecentre.com/properties/welland/amenities.html>
 - NOT PROVIDED: dishes, pots, cutlery, glasses, soap, dishcloths, etc. **ATHLETES MUST BRING THESE**
 - 2 persons per bed – four people per suite
 - communal cooking area on 2nd floor: 2 ovens, 2 stoves, sink
 - athletes may bring meals/prepared food from home or they can purchase food at grocery store stops on Friday and Saturday.
- Drinking water available at regatta site. Athletes must bring water bottles. ORC tent will have drinking water.
- No flush toilets on site. Athletes should bring hand sanitizers.
- No protection from weather. Athletes must come prepared for extreme heat (sunscreen, hats, water, etc.) or inclement weather (rain gear, warm clothing). Bringing hydrating liquids is important.
- Limited food service on site. Athletes must come with healthy between race snacks and easily digestible meals (see your coach for ideas!). A food shopping stop will be arranged in Welland on July 27 and 28.
- Snacks provided by ORC. ORC provides snack foods like watermelon, bagels, jam and water. Snack foods are not to replace meals!
- Poison Ivy. Athletes are reminded not to sit in the grassy areas along the shores and to avoid walking in bare feet.
- Watching races. Roller blades or running shoes help athletes travel along the canal to cheer on rowers.
- Supervision. Athletes at the regatta are under the direction of their crew coaches. Coaches are supported by volunteer parent chaperones. Junior athletes are not permitted to leave the canal during the regatta. Should an emergency arise, athletes should advise their coaches.
- In case of emergency. Emergency services are on-site to handle emergencies in the unlikely event that they occur during the regatta. ORC athletes must complete an "Athlete Information Form" with details of health concerns, medications and emergency contacts.
- Food stop on return trip to ORC. The bus will stop at a highway fast food location on the way down to and back from Welland. Athletes should bring spending money for food and shopping.
- Curfews. Curfews established with coaches are enforced by chaperones. Until curfew, doors to rooms must be kept open. At curfew, chaperones visit each room to conduct a head count.
- Behaviour. The highest standards of behaviour are expected from ORC athletes as representatives of the club and Ottawa. That includes: respect for coaches, chaperones, athletes and surroundings; respect of curfews and other instructions; remaining on site (residence or canal) unless specifically permitted by coach or chaperone; and sleeping on his/her own bed. Use of drugs or alcohol will not be tolerated. Consequences of improper behaviour may include forfeiting the chance to race, and prematurely returning to Ottawa in the company of his/her parent.
- Help? Athletes should speak to a chaperone or coach should any difficulty arise.

Travel/accommodation costs:

- **For those taking the bus - Four to a suite** - \$185 - made up of \$125 for bus, \$60 for two nights accommodation
- **For accommodation only - Four to a suite** - \$60 - made up for \$30 per night for two nights accommodation

Before you can go:

- Travel and accommodation fees payable through Ronin at <http://www.roninregistration.com/info2.asp?p=orc&pt=rowing&GroupId=37516&InfoType=Register>
- Entry fees payable through Ronin at the same site - coaches will inform individual athletes of how much they owe.
- "Athlete Information Form" due to coaches by July 22 if one was not filled out for ERA in Montreal or if there are changes to emergency contact information from Montreal

Information and forms:

- Information is available from coaches and Chris Waddell by phone at 613-850-2313 or by e-mail at vp.admin@ottawarowingclub.com