

Coaching Program Policies and Agreement:

The Ottawa River Runner Coaching Program operates with a combination of provincial and grant funding and participant registration fees. To ensure a high quality, sustainable program, each program cycle is based on athlete participation. To enable planning and program development, program registration implies a commitment from participants to participate for the full duration of the program for which they register. Recognizing that individual circumstances change over time and there should be mechanisms to reasonably accommodate individual needs, the policies listed below are in place to inform and support athletes, coaches, and Ottawa River Runners.

In selecting the program of choice, athletes commit to fully participating and paying for the program of choice.

1. 50% deposit is due at time of registration. Final fees are due 26 April 2025.
2. Mid season registration will be handled on a "as available" basis, and fees are due in full prior to start.
3. By invitation, athletes can join the program or change programs midstream. An administration fee of \$50 will also be charged.
4. By agreement of the coach, athletes from out of province/program may register for short periods of time at a price determined by Ottawa River Runners and Whitewater Ontario plus an administration fee.
5. Under exceptional circumstances (e.g. injury, move, leaving the sport...), athletes may withdraw from the program. This should be done in writing to the ORR Coach and ORR Director of Competition. The balance of fees owing + an administration fee will be determined on a case-by-case basis.
6. Athletes and parents agree to review, understand and abide by Canoe Kayak Canada Policies, particularly Whitewater policies, as available here: [Policies | Canoe Kayak Canada](#). Athletes and parents will also refer to the [Safe Sport Screening Matrix](#) and [Concussion Protocol](#) and complete the necessary training modules.

BY REGISTERING FOR ANY PROGRAM, YOU ARE INDICATING THAT YOU HAVE READ AND ACCEPT THE ABOVE TERMS FOR PROGRAM PARTICIPATION AND PAYMENT.

Participant Signature: _____ Date: _____

Parent / Guardian if under 18: _____ Date: _____

Program (check items that apply)

- ☐ **\$2,700** - High Performance Development Program (within 100km of the National Capital Region)
- ☐ **\$2,500** - High Performance Development Program (>100km away from the NCR)
- ☐ **\$1,400** - Cadet/Junior Performance Paddling Program Four Months
- ☐ **\$655** - May 17-September 30 Cadet and Junior Emerging Paddler Program
- ☐ **\$290** - May 17-June 30 Cadet and Junior Emerging Paddler Program
- ☐ **\$150** - Boat and Equipment Maintenance (optional)

Note: 10% sibling discount applied to second(lesser fee if applicable) & subsequent registrations from the same family.

How to Register:

1. Registration:
 - a. Complete Page 1 of this document:

Coaching Program Policies and Agreement

- b. Send completed document to:

coaching@ottawariverrunners.com

2. Payment

- a. Provide payment to:

payments@ottawariverrunners.com

- b. If paid after deadline \$100 fee is added for each participant

- c. Deadlines:

- i. Annual program – full payment by April 25, 2025
 - ii. All other programs – full payment
April 17 for Cadet and Junior, 5-month programs

Note: The Coaching Committee has agreed to allow payments using this process, primarily to save participants the fees charged by registration platforms. Your committee is volunteer based and does not have time to pursue you for your fees.

2025 Ottawa River Runner/Whitewater Ontario/Canoe Kayak Canada Program Delivery

High Performance Development Program

\$2700 (within 100km of the NCR region) High Performance Development Program (HPDP)

\$2500 (>100km away from the National Capital Region) for those out of region (HPDPNCR)

Year Round + Outdoor Season: March 1st, 2025-November 30, 2025

Eligibility/Target Group:

Athletes committed to an annual training program and who wish to receive coaching at international events through Canoe Kayak Canada (CKC) where additional fees may apply.

Included:

- regularly scheduled coached sessions in Slalom and Slalom Cross at the Ottawa River Runners Pumphouse facility in Ottawa, Ontario from breakup to freeze-up;
- annual training program;
- strength and conditioning program (facility membership required / additional personal expense / sessions historically held at the RA Centre in Ottawa, Ontario);
- winter pool sessions in Ottawa, Ontario (additional personal expense for pool time / historically held at Carleton University);
- coaching at major domestic events including National Team Trials, National Championships, Provincial Championships, provincial races and provincial training camps.
- coaching at March Break Training Camp March 9 -16th(+ \$350.00 additional expense fee to cover transportation, accommodation and meals);
- coaching at Montgomery Race, March 17-23th (\$350.00 additional expense fee to cover transportation, accommodation and meals);
- eligibility for CKC** projects as applicable (see below);
- ORR and WO membership for the participant; and
- boat storage for one boat at the clubhouse (additional expense fee of \$150/boat, HPDPNCR participants have boat storage included only during program training camps/events).

Athletes are strongly encouraged to cross-train in the off-season months with a combination of independent and coached sessions.

Please speak with your [coach](#).

4 month Cadet/Junior Development Program(CJDP)

May 17 -September 30 \$1400*

- Regularly scheduled weekly coached sessions at ORR pumphouse including flatwater/whitewater sessions with/out gates;
- youth Open sessions flatwater/whitewater;
- river runs;
- coaching at Provincial training camps (dates and locations to be confirmed, see attached list for 2025); and
- coaching at Nationals August 12-17, 2024 at Jonquiere, Quebec
 - **NOT** included is Coaching at National Team Trials in May 2025. Athletes in this program must sign up for the “National Team Trials training camp” (see below).
 - **NOT** included is the March Break training camp scheduled for March 9-17 in Montgomery, AL.

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***Additional fees** outside of coaching fees, related to staff travel/accommodation to major events such as: National Team Trials, National Championships, March Break Training Camp and additional training camps, river experiences will be shared between participants.

*Sessions/Events at the designated two training centres: Pumphouse and Minden Whitewater Preserve do not have additional expenses other than personal expenses.

*Participants' personal expenses are their responsibility. Eg. travel, accommodation, food, entry fees, insurance, etc.

* Winter facility fees such as gym and pool fees are extra.

Participants in the **HPDP, HPDPNCR or CJD 4 month program** should have their own boat/equipment or plan to obtain equipment within a reasonable time frame during the season. Club equipment will be available at the Pumphouse sessions for an additional \$150/yr fee towards the maintenance fund.

Equipment off-site will be subject to availability and additional fees.

Ottawa River Runner Membership is mandatory for all programs. Whitewater Ontario membership is included in the ORR membership.

4 month Cadet/Junior Emerging Paddler Program(CJEP)

May 17-September 30 \$655.00

Pre-requisites: previous ORR Camp Level 2/Clinics, comfort paddling(and swimming) on the Pumphouse Facility Course

*No scheduled sessions August 5-18 due to the National Championships Trip. Price reflects an average of two sessions per week with over 40 sessions offered over the season. This allows value for those of you away on vacation for a number of weeks over the program dates.

- Regularly scheduled weekly coached sessions(+/-2 per week) at ORR Pumphouse including flatwater/whitewater sessions with/out gates;
 - weekly Youth Open sessions flatwater/whitewater (+/-2);
 - invitation to river runs for an additional expense fee(\$50);
 - coaching at the Pumphouse Summer Series Race, August 2/3; and
 - invitation to “Add-On Subscription” Options.
- **NOT** included is Coaching at Nationals August 12-17, 2025 at Jonquiere, Quebec (add-on fee \$600.00);
 - **NOT** included is Coaching at National Team Trials in May 2025. Athletes in this program are ineligible for coaching support in this event; and
 - **NOT** included is the March Break training camp scheduled for March 9-17 in Montgomery, AL (additional expense of \$950.00).

Cadet/Junior Emerging Paddler by Season

Inclusions as per the 4 month program but within the dates registered for

- 1) Spring - May 12-June 30 \$290.00 (~14 sessions, 2x/wk)
 - 1B) Ripples(no whitewater) \$100.00(7 sessions, 1/wk)
- 2) Summer - July 1- August 29 \$290.00 (~15 sessions, no sessions August 6-17)
 - 2B) Ripples(no whitewater) \$150.00 (9 sessions, 1/wk)
- 3) Fall - August 30-September 30 \$175.00 (~18 sessions, 2/wk)
 - 3B) Ripples(no whitewater) \$100.00 (~4/sessions, 1+/wk) Option to participate in Wednesday evening time trials.

Additional Training Subscription Options:

ORR/WO Membership/Insurance required.

Spaces are limited and priority will be given in order below; taking into consideration the individuals' suitability for the event (age, comfort, experience...):

1) HPDP program 2) CJDJ 3) CJEP 4) other

SPECIAL PROJECTS:

Additional expense fees are subject to change dependent on the number of participants and total expenses.

1) March Break Training Camp- Montgomery, Alabama(HPDP program or by invitation)

- March 9-16 \$950.00 + additional personal expenses. Includes HPDP expense fees of \$350.00.
- March 17-23(Montgomery, ICF Race) \$950.00 + additional personal expenses HPDP expense fees: \$350.00.

2) National Team Trials, Chilliwack, British Columbia April 28-May 4

HPDP Expense Fees: \$350.00

Add Rich Weiss Memorial Slalom, April 25/26/27 HPDP: ~\$50.00

3) National Championships, Jonquiere August 12-17 Add-On: \$600.00

HPDP Expense Fees: ~\$150/6 days

CJDJ Expense Fees: ~\$150.00/6 days

CJEP Expense Fees included in Add-On.

General guidelines(+/- depending on location of camp):

- Weekend training camp \$175
- 3 day training camp \$250
- 4 day training camp \$325
- 5 day training camp \$400
- 7 day training camp \$500
- *Premium for Special projects.

Expectations:

To participate in a program the participant and their guardian(s) must agree to the following:















- Keep things fun!
- **Costs incurred by coaches' travel/accommodation will be shared between athletes/participants attending.**
- *Athletes/participants' personal expenses are their responsibility. E.g.travel, accommodation, food, entry fees, travel insurance...
- Winter facility fees such as gym and pool fees are extra.
- Ottawa River Runner Membership is mandatory for all programs. Whitewater Ontario membership is included in the ORR membership.
- Adhere to the provisions of Rowan's Law, CKC Safe Sport Policy
- Participate regularly and with enthusiasm!
- Parents and guardians are encouraged to support the program by learning about canoe-kayak from and with the athletes, and volunteering at events.

****Canoe Kayak Canada Projects:**

With the caveat that CKC may charge extra fees, athletes registered in the Year-Round High-Performance Program are eligible to receive the following support when available in CKC projects:

- Coaching at Jr/U23 Worlds;
- Coaching at pre worlds camps;
- Coaching at European Canoe Association (ECA) races; and
- Coaching at domestic training camps and events.

APPENDIX A – Whitewater Ontario > Canoe Kayak Canada Slalom Pathway

Program	2023 Annual Fees	Description	Fundamentals Club Programs	Learn To Train Club/Provincial Development	Train To Train Club/Provincial Performance	Train To Compete COC National Centre of Development (Ottawa)	Train To Win COC International Centre of Excellence
Paddling Initiation	Dependent on course/camp registration	Summer Camps and Mini-camps					
Emerging Paddler	\$625.00	Intro to slalom, kayak cross, river runs, and competitions. Seasonal program					
Developing Slalom Racer	\$1,200.00	5-6 Month Development group					
High Performance Racer	\$2,200.00	4-6 Annual High Performance (Provincial Teams, RY/US/ISB National Team Programs)					
COC High Performance Squad	\$1,200.00	Nominated to COC Fall/Winter Training Squad (Starting Fall of 2023)					
Sport Canada Carded Paddler	COC	Sport Canada Carded Athletes					
<p> Invite Only - Non-team athletes in this bracket MAY be invited to COC coaching/camps if space is available.</p> <p>Athletes from outside the "Ottawa/Outaouais area pay \$1900 for the annual high performance program. *More than 100km away</p> <p>Fees are based on team status on Nov 1, 2022</p> <p>Athletes from the same family receive a 10% discount on additional registrations</p>							