



ORIENTATION GUIDE



Club Hours:	<p>Sunrise until sunset from May 18, 2019 until October 21 2019.</p> <p>Paddlers/windsurfers cannot be on the lake until 1/2 hour after sunrise and must be off the lake by 1/2 hour before sunset.</p>
Certification	<p>Members MUST be certified to use the equipment related to each activity they are interested in. Using equipment you are not certified to use may result in membership revocation (with no refund).</p> <p>The cost of certification for Canoe, Stand Up Paddleboarding and Kayaking \$20 for a basic lesson. Windsurfing is included in the membership fee.</p> <p>Lessons for certification of paddling equipment can be scheduled and purchased online. Lessons for people that have specific needs can be scheduled with the applicable activity section chair by emailing: sudburycanoecubon@gmail.com subject line “lessons” (name of activity).</p>
Sign in/out Book	<p>Members MUST sign in upon arrival at the clubhouse and indicate the equipment selected for use. Members must also sign out after paddling and before leaving the club to indicate they have returned safely and the equipment used is put away.</p>
Use of Facility	<p>While onsite, you are responsible for treating the premises with respect. Please leave the building and its facilities in a clean and secure state.</p>
Leaving the Club	<p>Before leaving the club, the building must be made secure by closing all garage doors and ensuring that all other doors are locked. Don't assume other will do it for you.</p> <p><i>Note: If you have forgotten your club access key card, do not take equipment out on the water. There is no guarantee that someone will be at the club to let you in on your return.</i></p>
Terms of Equipment Use	<ul style="list-style-type: none">• Equipment is for member use on Ramsey Lake only (unless arrangements have been made with a section chairperson for off-lake use).• Members are expected to take proper care of the equipment they use.• Members are expected to report damaged or broken equipment - see below.• Do not drag the boats across the docks or ground at any time.• Ask for help to move equipment to/from the racks and to get it to/from the dock if needed.• Do not take equipment that has been reserved for lessons being provided by section chairs or program directors.

Safety Equipment	<p>All required safety equipment is made available to members and their guests. Members must wear a PFD when on the water and bring with them all other required safety equipment specific to the activity.</p> <p><i>Note: The Greater Sudbury Police regularly patrol Ramsey Lake, and you are responsible for having the required safety equipment.</i></p>
Damaged Equipment	<p>Members are responsible for the safety and security of the equipment they use. Members must report any damage to the Club’s equipment (even if it wasn’t you who is responsible for the damage). Members are also asked to report equipment that is not working optimally. The forms to report this damage are in the boat storage area.</p> <p>Note: If damage occurs due to negligence or abuse, the responsible member or members shall pay for repairs and/or replacement of the item(s) damaged. The member will not be allowed to use or participate in Club activities until payment arrangements for the damaged item(s) are made.</p>
Equipment Loss or Theft	<p>If equipment is lost or stolen while you have it signed out, it is important that you report this immediately. The forms to report this are available in the boat storage area.</p> <p><i>Note: There are video surveillance cameras around the building, and 24 hour security monitoring.</i></p>
Guests	<ul style="list-style-type: none"> • Members are welcome to invite guests to join them on the water. Guest fee = \$20. • No more than two guests can be brought onto the water at a time. • A guest waiver must be signed by both the sponsoring member and the guest. • The waiver must be placed in the guest form box along with the \$20/guest fee BEFORE using equipment or participating in any programs. Allowing a guest to use Club equipment without a waiver form or payment completed in full may result in membership revocation (with no refund). • A person may only attend the club as a guest three times. • Members are fully responsible for the actions and safety of their guest(s) when on the water or at the club. • Members paddling with guests with little or no experience must paddle close to shore. • Guest are not permitted to use club equipment on the water when the COLD WATER POLICY is in effect.
Club Communication	<p>Information about the Club and its activities can be found on:</p> <p>Website: www.sudburycanooclubon.com Facebook: https://www.facebook.com/sudburycanooclubon Twitter: @sudburycanoeON</p> <p>You can also ask questions or make suggestions by:</p> <p>Sending us an email: sudburycanooclubon@gmail.com Calling us: 705-822-2399 (don’t be shy to leave a message!)</p>
Personal Effects	<p>Lockers are available for your day use only. Items left on the property with no apparent owner will be placed in the “lost and found” bin.</p>
Cold Water Policy:	<p>Be aware that Ramsey Lake surface waters are usually not warm enough to be reasonably “safe” for most paddlers until late June, and that the water usually starts cooling significantly by early September.</p>

	<p>Members will be told when this policy is in effect via posters on the bulletin board in the boat storage area. When this policy is in effect, paddlers should:</p> <ul style="list-style-type: none"> • Wear protective clothing – at minimum, this includes a tight fitting neoprene wet suit with a windproof top layer (the Club does not provide all the protective clothing required but does have several short neoprene suits available for members to use); • Paddle with a buddy; • Stay within 20 meters (65 feet) from the shore line; • Tell someone where they are going and when they expect to be back off the water.
Safe paddling	<p>As with all recreational activities, there is always the possibility of injury or death. These are basic safety rules that all paddlers and windsurfers should follow:</p> <ul style="list-style-type: none"> • WEAR YOUR PERSONAL FLOATATION DEVICE. • Be aware of weather conditions and water temperature. Prepare for changes in weather and the possibility of capsizing. • If paddling/windsurfing in cold water, wear a wet suit or dry suit to keep warm and comfortable. • In warm weather, wear sunscreen or wear a long sleeve shirt for sun protection. • Be aware of off-shore winds that might make it difficult to return to shore. • Never mix alcohol or drugs (prescription or non-prescription) with boating. • Always check your equipment for wear and tear before going on the water. • Seek qualified instruction to learn proper paddling/windsurfing techniques. • Brush up on self-rescue first in calm, warm, shallow water, and then again in more extreme conditions. • Tell someone your paddle plan, which includes where you are going and when you expect to be back. • Stay hydrated. Always bring plenty of water and food.