

**OTTAWA ROWING CLUB**  
**Travel Fact Sheet**  
**Royal Canadian Henley Regatta**  
**St Catharines, Ont.**  
**August 5-11, 2019**  
<http://www.henleyregatta.ca>

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**You can find directions from the ORC to Henley Island here:**

<https://www.google.ca/maps/dir/10+Lady+Grey+Dr,+Ottawa,+ON+K1A+0G8/Henley+Island/@44.2763201,-79.8671156,7z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x4cce04e5a9673753:0x164931009ee7f946!2m2!1d-75.6995656!2d45.4351607!1m5!1m1!1s0x89d351421eb9120b:0x7f2ca774b6cae6c2!2m2!1d-79.2740086!2d43.1914846>

### **The Regatta**

The Royal Canadian Henley Regatta Championships is one of the largest competitive regattas in North America with more than 2500 rowers and crews from throughout North America. It takes place all week long with heats early in the week and heats and finals on Friday and Saturday with remaining finals on Sunday.

**Travel: All athletes are responsible for their own transportation to and from Brock University where we will be staying. There is no bus for this regatta.**

We will get rowers to the race site for their races and practice on a daily basis with the cars of coaches, parent volunteers and support team members and senior rowers who are staying at the town house residences with us at Brock University.

**Accommodations:** Junior athletes are required to stay in the townhouses at Brock University arranged by ORC.

Brock University Village Townhouses  
Brock University  
500 Glenridge Avenue  
St. Catharines, Ontario,  
Canada L2S 3A1

For General Inquiries:  
General Inquiries/Individual Reservations  
Conference & Event Services  
Phone: (905) 688-5550, Press 1, Dial Ext. 3369  
E-mail: [conference@brocku.ca](mailto:conference@brocku.ca)

Senior athletes must contact Melissa McKenzie ([melissa@ottawarowingclub.com](mailto:melissa@ottawarowingclub.com)) by July 17 at 12pm if they want to stay at the Brock Village Townhouses. If you do not indicate you need accommodation by July 17, 12pm, then space at Brock is not guaranteed. The accommodation cost will be included in your regatta fee. Once you indicate you need accommodation at Brock, you are responsible for the accommodation cost even if you change plans.

### **How do I get to Brock?**

Take the Queen Elizabeth Way (QEW) Niagara to Highway 406 (exit 49) and continue until you reach St. David's Road. Take St. David's Road West exit (Highway 71) and follow until you reach Glenridge Avenue.

To reach the Conference & Events Services office in the Vallee Residence, turn right onto Glenridge Avenue. Turn left at the second set of traffic lights onto University Road, then bear right onto Ray Woodfield Drive and left into Residence Road.

You can find a campus map here:

- <http://www.brocku.ca/blogs/campus-map/>
- That will show you the location of the front desk where you must pick up your keys. The general guest check-in time is 3p.m. and guests should check-out by 11 a.m. Alternative arrangements may be made with advance notice or luggage storage can be provided.

**PLEASE NOTE: EACH PERSON IS RESPONSIBLE FOR PICKING UP AND RETURNING HIS OR HER OWN KEYS. FAILURE TO RETURN YOUR KEYS WILL RESULT IN A FINE OF \$300 LEVIED BY BROCK TO RE-KEY THE ROOM THAT YOU WILL BE RESPONSIBLE FOR PAYING. THE ORC WILL NOT PAY THIS. KEEP TRACK OF YOUR ROOM KEY AT ALL TIMES!!!**

### **Accommodation details - What you need to bring**

At Brock we will be staying in townhouses with up to five people per house - three single rooms and one double room with bunk beds. Each athlete will have his or her own bed. Volunteer team support members will oversee the village and enforce curfews etc. according to the directions from coaches.

Each townhouse has two washrooms, one shower, a kitchen and common area with stove and refrigerator but no microwave and no dishes, pots or pans, cups, dish soap, cloths or tea towels or utensils. Athletes must bring their own to use during the week and must also bring their own food or arrange for trips to the grocery store while in St Catharines.

Each guest room is provided with a towel, face cloth, bed linen, pillow, soap and a plastic drinking cup. We suggest you bring an extra pillow and towel (if desired), shampoo, an Ethernet Cable (if you wish to access Internet in your room), hangers and an alarm clock.

### **During the week**

You may have heats, semi-finals or finals on different days during the week. When you aren't racing or practicing you will likely be back at the town houses so you should bring things to do for spare time - books, games, cards, whatever. Internet is available in the rooms but please bring your own ethernet cable.

Your coach will keep you posted on your schedule on a daily basis and we will get you to and from the regatta site, working with coaches and volunteer team support members.

Under most circumstances you will travel to the site about two hours before your race and can return to Brock once your race is complete but you must confirm all travel arrangement each way with your coach. If you have an early morning race and one late in the afternoon you may return to Brock to rest but again this is all determined by your coach.

### **At Henley Island**

- Drinking water available at regatta site. Athletes must bring water bottles. ORC tent will have drinking water.
- Some 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!).
- Snacks provided by ORC. ORC provides snack foods like watermelon, bagels, jam and water at the ORC tent and trailer. Snack foods are not to replace meals!
- When not racing you can watch races from Henley Island where the trailer, boat and tent are

located. It is also a not too long walk down to the grandstand at the finish line. On Saturday and Sunday there is a free shuttle bus between the Island and the grandstand.

- Athletes may also want to go down to the Regatta Sport store located in Port Dalhousie just past the finish line. Your Rowing Canada membership card should give you a 10 per cent discount at Regatta Sport.
- Supervision. Athletes at the regatta are under the direction of their crew coaches. Coaches are supported by volunteer team support members. 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.
- Curfews. Curfews established with coaches are enforced by chaperones. Until curfew, doors to rooms must be kept open. At curfew each night, team support members will visit each townhouse and each room to ensure everyone is in his or her room and 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, team support members, 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 team support member or coach should any difficulty arise.

## **ATHLETE WAIVER**

**Athlete Waiver:** Every **entered** athlete must complete an online waiver. Go to:

<https://waivers.regattacentral.com/RCHR2019>

and complete the required waiver before racing.

## **COSTS**

**Regatta Fees (incl. trailer cost, entries, Brock accommodation, if applicable, and transaction fees):**

The athlete fee list will be circulated and posted in the boathouse by July 30 (approximate date).

**Fees Due: August 2, 2019**

Athlete fees must be paid through an invoice generated in your Amilia account by the deadline posted. Athletes with outstanding fees by the deadline will not be permitted to race.

**Boat Loading:** TBD

**Boat Unloading:** Monday, August 12 at 5pm

**Accommodation** - As we don't know at the outset how far each crew will get from heats through finals, we book accommodation for everyone for six nights - arriving Monday Aug 5 and departing Sunday morning Aug 11.

When you arrive at Brock you will get your key but will not pay for your rooms. The ORC will pay for all rooms on one bill.

## **Information and forms:**

- Information is available from coaches and ORC Executive Director, Melissa McKenzie, 613-241-1120, [melissa@ottawarowingclub.com](mailto:melissa@ottawarowingclub.com).

**Royal Henley Garden Party: Thursday, August 1, 2019**

All ORC members are invited for this farewell cheer before the Royal Canadian Henley Regatta.

Join us in the new boathouse for some light fare and a special toast before the biggest regatta of the summer season.