

632 Squadron Biathlon Practice Information

Location: Camp Fortune Biathlon Range – Chalet des Érables – Chelsea, Québec. Driving instructions are provided below.

Timings: See weekly schedule for start and end times.

Meeting Area: Parking lot near the bluish buildings on the right upon entering the ski hill parking area

Do not drive up to the Chalet des Erables, even if you are late. It is extremely important that you do not drive up to the parking at Chalet des Erables. The businesses that run out of that building require the parking spaces around their building. The road is also too narrow for two cars to pass. We will meet at the base of the hill and walk up to the range as a group. If you are late, make your way to the range on your own. Dismissal will be from the same location. **Parents are asked to be punctual** as supervisors cannot leave until the all cadets have left the site.

** Activities will only be cancelled due to severe inclement weather, such as freezing rain. **Please check your email** for an update by **0730h on Saturday mornings**.

Dress: As this is a purely outdoor activity, cadets are instructed to dress for the weather. It is best to be overdressed with layers which can be removed. Until mid-November, there is no indoor access during practices except for washroom use. Cadets are therefore instructed to dress for the weather. **Cadets not properly dressed will be sent home immediately**. Proper clothing entails the following:

- Appropriate running shoes (properly tied up). NO OPEN FOOTWEAR (ie. Sandles);
- Gym gear. NO JEANS. NO SHORTS;
- Toque or other form of hat. Cadets may request from supply an air cadet toque, if necessary;
- Coat or warmup sweater;
- Rain coat or Winter coat, as appropriate;
- Gloves or Mitts;
- Personal items (ie. Knee braces), as appropriate.

Food: Cadets are to have a good breakfast prior to arriving. Come prepared for extensive physical activity. Cadets are also to bring a lunch and snacks with a garbage bag. All garbage brought to the range must be taken back with you. There are cadets who are extremely allergic to nuts at the site. **NO food items with peanuts or other nut products are permitted.**

Equipment: All winter ski equipment and shooting rifles are provided at the camp for those who do not possess their own equipment.

If you have any questions, contact the Lt. Lee (Biathlon Officer) at matthewj_lee@hotmail.com.

Driving Instructions to Camp Fortune:

- Take Highway 5 north towards Maniwaki & Wakefield to Chelsea, Quebec
- Take Exit 12 and at the off ramp, turn left towards the village of Chelsea on Chemin Old Chelsea
- Once past the village, the road turns to Chemin du Lac Meech. Drive 4 km.
- Turn left on Promenade de Lac Fortune and follow the signs for the "Aerial Experience".
- Take slight left up Chemin Dunlop and drive 1.2 km to ski Camp Fortune.