

**CATARAQUI CANOE CLUB OF KINGSTON
P.O. BOX 1882, KINGSTON, ON K7L 5J7**

ACTIVITY PLAN: **PADDLING FROM THE BOATHOUSE** Date: _____

On duty:

ESTIMATED DEPARTURE: **6:00 pm**

LOCATION: **CCC Boathouse on Greater Cataraqui River**

ESTIMATED RETURN: **8:00 pm or dusk**

LEVEL OF DIFFICULTY: **All levels.**

LEVEL OF FITNESS: **Suitable for all levels.**

BRIEF DESCRIPTION OF ACTIVITY:

Self-directed paddling from the boathouse.

OTHER ACTIVITIES:

Swimming, picnicking.

EQUIPMENT REQUIRED:

Paddle, PFD, safety bucket (w/ floating rope and whistle); spray skirt highly recommended if using a kayak.

RISKS INVOLVED:

Sunburn, heat exhaustion, dehydration, hypothermia.

SAFETY PROCEDURES:

**Wear appropriate clothing & sun protection; bring water.
Speak with the Boathouse Duty person if you are unsure
of your paddling abilities.**

TRANSPORTATION REQUIRED: **None**

Please sign the waiver on the reverse page.

Waiver of Liability Agreement

I have received a description of some risks involved in kayaking, canoeing or other activity and safety procedures to be followed by the participant. In particular, I have reviewed and understood the information on the front of this sheet.

I understand that there is a risk element in kayaking, canoeing and/or other activity. I have been informed as such by the Cataraqui Canoe Club of Kingston. With this knowledge I still volunteer to take part in the activity and accept such risks as being part of the nature of the sport.

I hereby release and forever discharge the Cataraqui Canoe Club of Kingston, its directors, officers, agents, servants, other participants and employees and its or their successors, heirs, and assigns (the 'Releasees') should any injury or loss of limb or life happen to my person whilst partaking in this activity. I also waive claim against the Releasees should any damage or loss occur against my personal property whilst partaking in this activity and any loss of any nature caused by delays resulting from inclement weather or other natural conditions during the participation of the undersigned in the activity and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Releasees or any of them.

NAME	DATE	SIGNATURE	MEMBERSHIP NUMBER	DIRECTION (N or S)	BOAT #	WITNESS
1)						
2)						
3)						
4)						
5)						
6)						
7)						
8)						
9)						
10)						
11)						
12)						

ON DUTY:

NAME

SIGNATURE

DATE