

Paddle Newfoundland and Labrador trip checklist:

Trip Leaders & Sweeps _____

Time and location D M Y / / 20 :

Location: _____

Boat Check:

CCG or Appropriate Requirements must be met for association led paddles. Minimums are

Paddle, Bailing device (Vessel appropriate), sounding device (whistle or such) 50 feet buoyant heaving line (Tow Package), Life Jacket, Thermal protection as required or dictated. The boat must be sound and all required components operational.

All participants must have a waiver on record, a life jacket will be worn at all times when on the water.

Leaders will have or ensure that an approved First aid kit is available, as is a spare paddle and appropriate communication devices. (Cell , VHF , Flares , flashlights, EPIRB , sat phone).

BE ADVISED PNL trips are a communal adventure **NOT** a guided tour. You are expected to stay in visual and audible range of the trip leader.

The trip leader should be advised of any possible medical complications that can affect the trip.

If you are carrying an Epi Pen we need to know; Likewise for Nitro or serious diabetic issues, etc.

Participants

Name Print	Name Sign	Emergency Contacts name and number
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Signing this confirms you have read and understand the waiver and: both you and your boat are up to the trip.