



## Paddle Newfoundland and Labrador 18th Annual Retreat - May 17-20, 2019

Preparations for Paddle NL's 18th Annual Retreat are well underway. Join us to kick off the paddling season with a weekend of paddling, learning, and socializing with old friends and new!

Our guest speaker this year is Santiago Berrueta, owner and operator of Montreal-based Kayak Latitude North, which offers multi-day trips around Georgian Bay, Saguenay Fjord, and Baja, Mexico, as well as Paddle Canada sea kayaking courses. Santiago is a Level 4 paddler and Level 3 instructor, and holds the British Canoe Union's five-star leader designation. He has paddled the south coast of Newfoundland, so he is no stranger to our province. He also carried out a 42-day excursion along most of the Baja Peninsula – not much like our rocky shores! For more information, check out his website, [www.kayaklatinsdunord.com](http://www.kayaklatinsdunord.com)



*Santiago Berrueta. Don't you want to meet a man who smiles like that?*

Once again, the retreat will be based at Splash N Putt cabins, a hundred or so meters west of Terra Nova Park on the TCH. This year there will be an area set aside in their conference centre for an informal swap meet. Everyone is encouraged to bring along paddling related items they would like to swap or sell.

***\*\*NOTE\*\* Paddle NL does not supply boats and equipment - If you do not have a kayak or canoe and related equipment these items can be rented from the Outfitters.***

### RETREAT ACTIVITIES

#### FRIDAY NIGHT – May 17, 2019

##### 7:30 to 10:30 PM

CHECK-IN, registration, Sunday dinner ticket pick-up, clinic confirmation, membership renewal and updates at the Splash N Putt Conference Centre.

##### 8:00 to 11:30 PM

ICEBREAKER / MEET AND GREET SOCIAL EVENT is your opportunity to hang out and unwind with old and new paddling friends alike. At the Splash N Putt Conference Centre

**SATURDAY, May 18, 2019- CLINIC DAY** (weather permitting – meet at the Splash N Putt conference center by 9:30 to confirm the day's plans)

Clinics are for paddlers at all skill levels. Chilli, rolls, and beverages will be provided for lunch at both clinic sites, sponsored by McGruer Agencies and members of the PNL Executive. Clinics run all day; you might want to bring extra snacks to keep you going.



**FLAT WATER ACTIVITIES: SEA KAYAK AND CANOE (Sandy Pond, Terra Nova Park):**

There will be a series of stations for you to work on sea kayak and canoe skills, such as turning, Greenland paddling, towing, assisted rescues, rolling, and flatwater canoeing skills (both tandem and solo). It's all designed to make you a better, more efficient, and safer paddler.

**MOVING WATER ACTIVITIES: WHITE-WATER KAYAK AND CANOE (at "The Ruins," on the Terra Nova River):**

Join some of PNL's more seasoned white-water kayakers and canoers to focus on developing your moving water skills. The clinic runs all day long with a break around the fire for lunch.

**Saturday 7:00 PM**

**INFORMAL GROUP SUPPER** - This year we will host a Saturday night group supper at the Splash n' Putt Conference Centre. Salads and desserts will be provided by PNL; bring your own food to throw on the barbecue (grills will be available). Supper will be followed by a kitchen party, so if you are musician, bring your instruments! There is no bar, but bringing your own liquor is permitted.

**SUNDAY, May 19, 2019 – PADDLE DAY (weather permitting)**

**SEA KAYAK:** We will split into two groups, one covering 15 km and the other up to 25. Please consider your own fitness level in deciding which trip to take.

**CANOE:** The trip will start on Sandy Pond or out on the bay, depending on conditions.

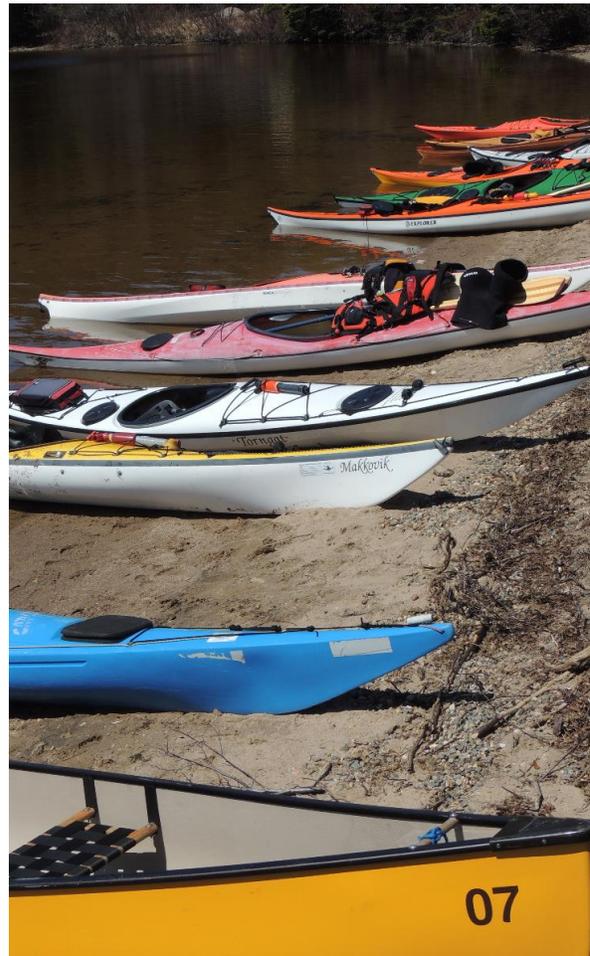
**WHITE WATER KAYAK (sorry, no canoes):** River run or rock hopping, depending on conditions. For intermediate and advanced white water kayakers only.

Exact locations for all trips will be determined in the morning, based on weather conditions. All paddlers will convene at Splash N Putt at around 9:30 with boats loaded and gear ready, to find out where you are going. Trips run all day, so bring your lunch and snacks.

**Sunday 7:30 PM**

**SUBARU DINNER** held at Splash-N-Putt Conference Centre; tickets are required. Dinner will be served promptly at 7:30, so come early enough for a bit of socializing beforehand. Choice of roast beef, chicken, or a vegetarian entrée, plus appetizer and dessert. Tickets must be purchased when you register for the retreat. Bring your own alcoholic beverages if you wish.

Following the dinner, retreat guest Santiago Berrueta will give a presentation. Everyone is welcome, whether or not you come to the dinner.





**MONDAY, May 20, 2019**

9:00 FREE PANCAKE BREAKFAST cooked up by your intrepid PaddleNL Board and friends, under the supervision of master chef Cecelia McGruer. At the Splash-N-Putt Conference Centre.

11:00 AM Paddlers who can stay longer get together for more outings Monday afternoon. These activities are not part of the organized retreat, but all are welcome.

**SWAP MEET (All weekend)**

The gear swap will run all weekend. Got gear you no longer use? Bring it to exchange or give away! Space will be available at the Splash N Putt Conference Center for display and exchange.

**IMPORTANT DETAILS**

- Participants must provide all of their own gear (i.e., boat, paddle, life jacket, spray skirt and other equipment as required by the Canadian Coast Guard).

- If you are new to paddling, you can rent gear from the Outfitters in St. John's, 1-800-996-9658 or info@theoutfitters.nf.ca. Some club members may also have gear they can lend, post inquiries on the PaddleNL Facebook page. If you have gear to share, please contact PaddleNL at [https://paddlenl.ca/Contact\\_us.html](https://paddlenl.ca/Contact_us.html). Help a wannabe paddler enjoy the sport!
- For all on-water activities, you must wear appropriate cold-water gear; drysuits or full wetsuits (or combination of the two). The only exception to this rule is the canoe paddle if it is held on the pond rather than the ocean.
- Everyone participating in on-water activities must complete a waiver. The form is included in this information package; you can also find it on line at <https://paddlenl.ca/Forms/PNL%20Waiver.pdf>.
- All activities are weather-dependent. If the weather is good, clinics are held on Saturday and paddles on Sunday; however this may be switched if needed. If the weather is truly terrible, we'll all do our best to entertain each other without getting out on the water, and without getting cabin fever. This is Newfoundland, after all, and adapting to the weather is no big thing!
- Trip leaders have the final say on whether their trip can go, and whether any individual paddlers are qualified or prepared to participate.
- Children must be accompanied in all on-water activities by a parent or guardian over the age of 18.
- There is no longer a cash bar at the Splash N Putt. Feel free to bring your own drinks for the evening events.

**CONTACT INFORMATION**

General questions	Alan Goodridge	alanfgood@yahoo.ca	691-2802
Whitewater kayaking	Darren McDonald	darrenmcdonald@live.com	727-2352
Sea kayaking	Shane Bailey	shaner001@hotmail.com	765-9113
Canoeing	Alan Goodridge	alanfgood@yahoo.ca	691-2802

## ACCOMMODATIONS

### The Splash-N-Putt

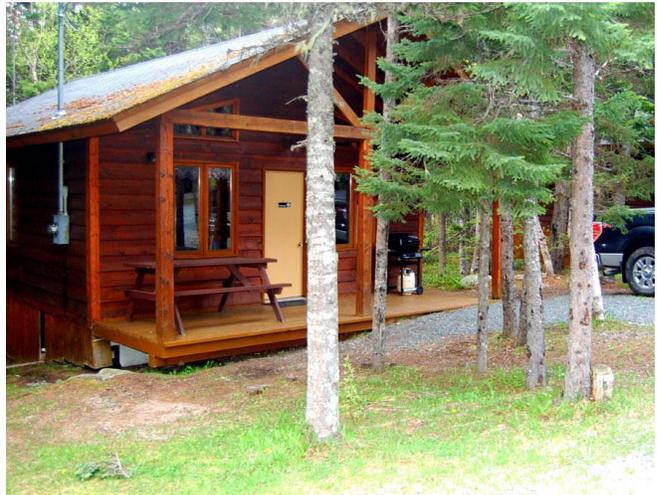
The retreat will be based at the Splash-N-Putt Cabins, just west of Terra Nova Park on the Trans-Canada; staying there is lots of fun. Each cabin has two bedrooms with double beds, a foldout couch in the living room, a kitchen, and a dining area. The cost is \$130.00 per night per cabin if you book for a minimum of three nights. A deposit of \$165.00 is required when reserving; this is refundable if you cancel more than seven days before the retreat. Payment in full is due at the time of check in.

Parking campers and pitching tents anywhere on the Splash N' Putt property is strictly prohibited; this is a change from previous years.

Splash N' Putt will hold cabins until April 25, 2019; after this date reservations will be accepted from outside parties, so book early! When you contact them, please mention that you will be there for the PNL Retreat.

To book, phone 709-533-2753 or 1-844-533-2753 or email [info@splashnputtcabins.com](mailto:info@splashnputtcabins.com).

To find someone with whom to share a cabin at the Splash N Putt, please post on the PaddleNL Facebook page or post to the PaddleNL googlegroup. You won't be the only one looking!



### ALTERNATIVE ACCOMMODATIONS

#### TRAYTOWN

Pinetree Lodge (709)-533-6601

#### GLOVERTOWN

Lilac Inn Bed & Breakfast (709) 733-6038

Noah's on the Point (709) 424-6020 [www.noahsonthe point.com](http://www.noahsonthe point.com)

#### EASTPORT

Eastport Efficiency Units (709) 677-2458

Eastport Peninsula Sunshine Park (709) 677-2438

Sandy Cove Beach Housekeeping Cabins (709) 677-3158

[www.sandycovebeach.ca](http://www.sandycovebeach.ca)

Seaview Cottages (709) 677-2271

[www.seaviewcottages.net](http://www.seaviewcottages.net)

Stay-N-Play Cottages (709) 677-2729

White Sails Inn & Cabins (709) 677-3400

#### CHARLOTTETOWN

Clode Sound Motel & Restaurant (709) 664-3146 [www.clodesound.com](http://www.clodesound.com)

#### CAMPING:

Terra Nova National Park (709) 533-2801

Eastport Peninsula Sunshine Park (709) 677-2438

**Please note!** If you are not staying at the Splash N Putt, and you plan to drink in the evenings, please make appropriate arrangements for driving back to your lodgings. Stay alive, don't drink and drive.

**MEALS – what is and is not provided:**

Friday night	Snacks are available at the Friday night reception, but not a full meal.
Saturday breakfast	On your own
Saturday (or clinic day) lunch	A warm soup or stew is provided, but you may want to bring additional lunch and snacks to keep you going during the day.
Saturday dinner	PNL will provide salads and desserts for the communal dinner, but main dishes are up to you. BYO wine or beer.
Sunday breakfast	On your own
Sunday (or paddle day) lunch	On your own
Sunday dinner	Full meal for those who choose to purchase it.
Monday breakfast	Full meal provided by PNL.

**Note:** Unlike previous years, there will not be a cash bar at the Splash N Putt this year. BYO is fine.



**RETREAT COSTS**

	Members	Non-Members
Before April 23		
Retreat activities	\$25	\$45
Dinner Sunday night	\$25	\$30
After April 23		
Retreat activities	\$30	\$45
Dinner Sunday night	\$30	\$30

**PNL Membership Fee:**

Individual	\$20
Family	\$25

**Notes:**

- Paddlers who register before April 23rd will be entered in a draw to win some great kayak gear! So please register as early as you can.
- You must register for Sunday dinner before May 1, 2019, so the chefs can plan for purchasing the food.
- For families coming to the retreat (under family membership), only the first two family members must pay for retreat activities. However everyone attending the Sunday dinner must pay for it

## REGISTRATION

Registration must be done online at the PNL website [www.paddlenl.ca](http://www.paddlenl.ca). You can pay by e-transfer or send a cheque to:

Paddle Newfoundland and Labrador Club  
P.O. Box 13865  
St. John's, NL, A1B 4G7

To join PNL, please fill out the online form at <https://www.paddlenl.ca/Membership.html>. You can e-transfer or mail in your membership dues along with your retreat fees.

Waivers are required to participate in the retreat. The waiver form is included in this package (and available at [https://paddlenl.ca/Forms/PNL Waiver.pdf](https://paddlenl.ca/Forms/PNL%20Waiver.pdf)). You can mail it with your cheque or bring it to the retreat. It must be included with your registration form; you will not be allowed to participate if you have not signed a waiver. Children under the age of 18 require a waiver signed by the parents.

Refunds of the retreat fee and Sunday dinner charge will be available with a medical note only.



## MANY THANKS TO OUR SPONSORS:

### Platinum



**CAPITAL  
SUBARU**



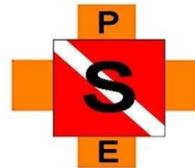
**Steele Hotels**

ST. JOHN'S | GANDER | CORNER BROOK

### Silver



McGruer Agencies



**The Painted Fish**



# Paddle Newfoundland & Labrador

## WAIVER AND RELEASE OF LIABILITY - READ BEFORE SIGNING!!!

NAME OF PARTICIPANT/MEMBER: \_\_\_\_\_

In consideration of being allowed to participate in any way in Paddle Newfoundland and Labrador Inc. paddling programs, (PNL) activities, events and trips and as a condition of becoming a member of PNL, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist. The activities of PNL include but are not limited to paddling, camping, hiking, portaging, swimming and other fitness activities and travel to and from such activities; and

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, OR OTHERS AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION OR MEMBERSHIP; and

3. I willingly agree to comply with the stated and customary terms and conditions for participation and membership. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Paddle Newfoundland and Labrador Ltd., or any of its directors, members, officers, officials, volunteers, agents and /or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (all of whom or referred to as "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY,

DEATH or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

"The Participant agrees to pay all the costs and expenses (including legal fees on a solicitor and his own client basis) that PNL incurs with respect to any proceeding or suit taken by the Participant against PNL or the Releasees in relation to this Agreement or any of the activities that PNL offers."

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. FURTHER, I DECLARE THAT TO THE BEST OF MY KNOWLEDGE:

1. My boat is in good condition & equipped with appropriate floatation.
2. I will wear a Life Jacket at all times when on the water.
3. I will wear appropriate thermal protection (a wet or dry suit) at all times when on the water unless otherwise agreed by the Trip Leader and a helmet if whitewater paddling or otherwise required.
4. I have a whistle, 15 meters of buoyant line, drinking water and a bailing device.
5. I have informed the trip leader of all issues relevant to the safety of others and/or myself.
6. I have informed the trip leader if I am a non-swimmer.
7. I have informed the trip leader of any medical conditions that may affect my health and safety, or the safety of others, including any medication I am taking or significant allergies.

Participant's Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

Contact in case of emergency: \_\_\_\_\_

Phone # \_\_\_\_\_ Witness: \_\_\_\_\_