



NEW YORK STATE CANALWAY WATER TRAIL

PADDLE THE CANALS: MOHAWK RIVER EXPEDITION

ENTRY REQUIREMENTS, SURVEY, HEALTH FORM & WAIVER

All forms must be submitted by 5/28 to participate.

The Mohawk River Expedition will navigate a variety of landscapes through changing conditions. Wind, waves, and long miles are likely on this adventure. To ensure a positive experience for all participants, we have outlined a few requirements below. Please feel free to reach out with any questions.

Paddlecraft

Paddlers should bring craft that fit the following guidelines. Not sure your boat quite fits? Please reach out if you are unsure if your boat meets our recommendations.

- Kayaks must be at least 14 feet.
- Kayaks should have two hatches, or a single hatch and a front float bag. Boats without flotation can't be used.
- Tandem canoes must be at least 15.5 feet.
- Tandem canoes should have enclosed flotation in the bow and stern, or float bags.
- Solo canoes will be considered based on model type and experience; however, most pack boats are likely unsuitable due to wind.
- Stand up paddleboards (SUPs) are not permitted to lock through the NYS Canal System.

Boat Gear

- Personal Flotation Device (PFD) is required to be worn during all times on the water. There are no exceptions to this rule.
- Whistle or horn is required.
- White light is required.

Experience

In addition to the [American Canoe Associations Essential Eligibility Criteria](#), paddlers should be able to perform all of the following. Not sure if this is the right program for you? Give us a call.

- Paddle at least 10 miles per day.
- Sit in their craft for 2-3 hours or more at a time.
- Be proficient and experienced in their boat, including the ability to paddle forward, backward, turn, and wet-exit.
- Overnight camping experience is not required. In fact, if you don't have any camping experience, this is a great way to get started!



Participant Survey

Now that you've read the requirements, tell us about you!

NAME _____

AGE _____ YEARS PADDLING _____

EMAIL _____

PHONE _____

Have you ever gone on an overnight paddling trip similar to this one? If so, briefly tell us about it.

How did you learn about this trip and what interests you in the expedition?

What component of the trip makes you the most excited?

What component of the trip, if any, is something that puts you towards the edge of your comfort zone?

Are there any health issues or other concerns we should be aware of?

Name _____ Date _____

Signature _____

Parent Signature (if under 18 years of age) _____

**Paddle the Canals: Mohawk River Expedition
Participant Information on Food, Health and Experience**

Participant Information:

Name _____

Cell # _____ Home # _____

Address _____ City _____ State ____ Zip/Postal _____

Email address _____

Best form of contact _____

Health Information:

Physician's Name _____ Telephone _____

Person to notify in emergency _____ Telephone _____

Address _____ City _____ State ____ Zip/Postal _____

Relationship to you _____

Health Insurance _____ Phone _____

Please help us by answering the following questions about your health: *(If you answer Yes, please explain and use reverse side for further explanations if necessary.)*

Comments:

- Do you have any problem with vision/hearing? Y N _____
- Do you wear dentures, hearing aid, glasses or contacts? Y N _____
- Have you ever had any convulsions, fainting, etc.? Y N _____
- Any severe injury to head, chest or internal organs? Y N _____
- Any prolonged incapacitation or hospitalization? Y N _____
- Any broken bones, dislocations, surgeries, or related accidents/when? Y N _____
- Are you currently on any medications? Y N _____
- Any severe allergies? Do you carry epinephrine? Y N _____

Food Information:

Please describe any relevant diet preferences or restrictions, including any known food allergies (indicate if none):

Outdoor Experience:

Please briefly describe your experience level as it pertains to this specific trip (canoeing, hiking, camping, etc.)

I would describe my overall physical condition as: __Fair __Good __Excellent

Height_____ Weight_____

Emergencies:

In the case of an emergency, please provide additional information we should know:

We will take whatever action that seems prudent to the best of our ability. Please include any paperwork (insurance and otherwise) and all other information that we would need for any specific accommodation.

Name (please print) _____ Date _____

Signature_____

PADDLE THE CANALS: MOHAWK RIVER EXPEDITION
LIABILITY WAIVER
June 21-23, 2024

IN CONSIDERATION of being permitted to participate in any way in the Erie Canalway Heritage Fund, Inc. (also known as Erie Canalway National Heritage Corridor) sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Paddlesports and related activities and that I am qualified, in good health, in proper physical condition to participate in such activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activities. If I decide to leave early and not complete the trip as planned, I assume all risks inherent in my decision to leave. 2. FULLY UNDERSTAND that: (a) Paddlesports and related Activities INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activities, the condition in which the Activities takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor(s) in the Activities. 3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Erie Canalway Heritage Fund, Inc, organizational affiliates, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activities take place, (each considered one of the "Releasees" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, INJURIES, DAMAGE TO PROPERTY, OR OTHER DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney's fees, loss, liability, damage, or cost which any may incur as the result of such claim. I grant permission to all of the foregoing to use my image and that of any minor(s) under my supervision contained in photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name: _____ Date: _____

Signature: _____