Please join **Ontario Adventure Rowing** and the **Don Rowing Club** for the 14th annual

***BANANA BELT TOUR - XIV***

***SATURDAY, MAY 11, 2024 Welland Recreational Canal***

This is an excellent early season tour on the canal in Welland located in the heart of Southern Ontario’s “Banana Belt”. The tour begins at the Welland International Flatwater Centre and proceeds north along the canal, under its many bridges, and turning around for the return trip once we come upon rapids near Highway 406.



Level of difficulty: easy, perfect for the first tour of the season - approximately 15 km (or 20 km if we can sneak under the railway bridge).

Afterwards we get together at MT Bellies Tap & Grillhouse in Welland, a popular local establishment, for a bite to eat before heading home.

**DETAILS:** Date: Saturday, May 11, 2024, at 9:30 am Starting point: Welland International Flatwater Centre, 16 Townline Tunnel Rd, Welland

**COST:** $70 includes boat rental, City of Welland access permit, truck rental and gasoline for boat transport > cost of food at MT Bellies on your own

**ENTRY DEADLINE:** May 3, 2024, or once the four coxed quads are full!

Contact for more information: Brian Howe from the Don Rowing Club at [bhowe@hgcengineering.com](mailto:bhowe@hgcengineering.com)

To register: Please email or mail the completed form along with your e-transfer, or one of those old-fashioned paper cheques, for $70 made payable to Brian Howe, 1179 Glen Road, Mississauga, ON, L5H 3K7

## Registration Form for: *2024 Banana Belt*

Don Rowing Club

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**Name:**

**RCA Number:**

**Club Affiliation:**

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| Street Address: |
| City/Town: Province: Postal Code: |
| Telephone (home): Telephone (mobile): |
| E-mail address: |
| Emergency Contact & Relationship: Telephone: |

**Assumption of Risk, Liability Waiver, and Conduct Agreement**

**Assumption of risk**: I recognise that the use of the facilities and services of Ontario Adventure Rowing (OAR), and the host club (if any), as well as rowing on open water and related activities, such as but not limited to, loading, rigging and derigging the boats, and launching, landing, and locking through, involve potential risks.

**Liability Waiver**: I undertake, in my personal capacity and on behalf of those whom I represent or have custody of, and my heirs and assigns, to indemnify and save harmless OAR, its officers, and the host club (if any), their officers and other representatives, and their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of, or damage to, my or any third party's property arising out of, or being incidental to my presence at the event.

**Public Health Regulations:** I certify that I will obey all public safety regulations and protocols. I accept the risk that despite following these regulations, I may contract an infectious disease while participating in an OAR event.

**Fitness to row**: I am an experienced sculler, and I am fit enough to row 30 km in one day, and I can swim 50 m.

**OAR** **Membership**: I am a member of OAR (either individually or through my club).

I agree to the terms of this waiver and provide my signature below as evidence of my agreement.

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**Signature and Date**