

United States Canoe Association

Competition ★ Cruising ★ Conservation ★ Camping ★ Camaraderie ★

AMATEUR ATHLETIC WAIVER AND

RELEASE OF LIABILITY

****READ BEFORE SIGNING****

Name of Event: _____ Date(s) of Event: _____

In consideration of being allowed to participate in any way in the UNITED STATES CANOE ASSOCIATION athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

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; and,

I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others and assume full responsibility for my participation; and

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard 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 the UNITED STATES CANOE ASSOCIATION and

(name of club, affiliate or sponsor), their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I acknowledge that I am aware of the safety rules and regulations applicable to this event including the use of life jackets and lightning safety, and that I have read the USCA sanctioning guidelines and will attend the pre-event/pre-race meeting.

I also acknowledge that photographs and video may be taken of me in my participation in and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes.

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.

(All participants are to sign and completely fill in the information numbered 1-7 including emergency contact.)

(Please print legibly)

X _____ 1. Address: _____

(Participant's Signature)

2. City: _____

3. State/Zip Code: _____

5. _____ 4. Date signed: _____

(Please PRINT the participant's full name)

6. Emergency Contact Person for this participant: _____

7. Emergency contact Phone Number: Cell: _____ Home: _____



EMERGENCY CONTACT PERSON CANNOT BE A PARTICIPANT IN THE RACE OR EVENT.

Fill in form above for participants under age 18. Parent/Guardian is to sign and complete the form below.

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law. I further agree to the photographic and video release set forth above.

X _____

(Parent/Guardian Signature)

(Date signed by parent/guardian)

Susquehanna Greenway Partnership Informed Consent: Paddling

<u>Risks</u>	<u>Prevention</u>	<u>Solution/Treatment</u>
Sunburn	Wear sunscreen. Wear protective clothing.	Get out of the sun. Apply sunscreen.
Sore muscles	Stretch before and after paddling. Paddle with smooth, relaxed strokes, slow your stroke rate.	Inform event staff of the discomfort for assistance.
Blisters, hot spots, or soreness	Wear properly fitted PFD, footwear, clothes, and equipment. Consider gloves.	Inform event staff of the discomfort for assistance.
Scrapes and cuts	Paddle within abilities. Wear proper clothing. Watch for hazards on shore, and island trails.	Inform event staff of any injuries for assistance.
Flora (ex. poison ivy)	Avoid poison ivy, etc. Be aware of low-hanging trees along shore.	Inform event staff and fellow paddlers of the hazard.
Strains, sprains, dislocations, or broken bones	Be careful entering and exiting the canoe or kayak.	Administer proper first aid. Inform staff of injury for assistance.
Dehydration	Drink plenty of water (a liter every couple of hours).	Rest and slowly drink plenty of water.
Heat exhaustion or heat stroke	Wear proper clothing. Rest if you become too hot. Drink plenty of fluids.	Rest in shaded area, drink plenty of fluids. If signs of heat stroke are evident, seek medical attention.
Drowning	Always wear a PFD. Avoid rough seas, avoid horseplay. Follow instructions and paddle to the appropriate level of competency. Do not stand if capsized.	Be calm and signal for help.

- Participants are responsible for ensuring that their boat/kayak, paddle, PFD, and whistle are in good working order before attending the event.
- Participants must be courteous and considerate of others on the water trail and during stops.
- Participants are responsible for ensuring they are sufficiently fit for their desired activity.
- Participants are expected not to be under the influence of alcohol or any drug that could impair their paddling ability and judgment. Participants displaying impaired ability or judgment will be asked not to join or to leave the sojourn.
- Participants will be required to wear a properly fitted PFD- no exceptions.
- Children under 8 will not be permitted to pilot their own boat.

I have read and understand the risks listed above and how to avoid them and agree to take an active part to protect myself and my fellow participants during the activity. I realize there are other risks and/or dangers that may exist (including injury or death) and I will avoid these also; I will not participate in unsafe practices and I will inform the staff of any dangers known to me that may cause injury to myself or others.

Initial: _____