



**The Adirondack Canoe Symposium 2017**  
**July 13 – 16**  
**Paul Smith's College**  
**Paul Smith's, NY**

While sitting at the edge of the lake, you notice a canoe paddling straight as an arrow. When the boat nears a partially submerged stump, it mysteriously “slides” to the right to avoid the obstacle. When the canoe approaches shore, fully loaded for a camping trip, it turns gracefully and again “slides” to shore, parallel to the beach to make unloading an easy chore for the happy paddlers. How did this all happen? Was it magic? Or just good paddling skills?

The Adirondack Canoe Symposium offers excellent instruction in a quiet water venue for people wishing to improve their paddling and boat control skills. Courses are offered for all skill levels, from beginners to experienced paddlers, in both solo and tandem canoe. Classes are based on Freestyle techniques, i.e., using body, boat and blade physics to add efficiency and ease to your paddling. The ACS is designed to be an enjoyable weekend, where you can receive coaching from experienced American Canoe Association Instructors, who will assess your skills and allow you to learn at your own pace. Non-paddling friends or spouses are encouraged to attend; we can provide info on activities such as hiking, biking, historic tours, shopping, etc. Our event will take place concurrently with the Wooden Canoe Heritage Association Assembly. We will have the opportunity to participate in some of their offerings, and they in ours.

Classes will be offered from Friday morning, July 14 through Sunday noon, July 16. On Thursday, July 13, we will offer optional paddling trips and other special classes on local rivers/lakes. Can't arrive until Friday evening? No problem. You can still fit in more than enough instruction on Saturday and Sunday.

<b>Registration:</b>	Wednesday, July 13	1:30 – 4:30 PM
	Thursday, July 14	1:00 PM to 5:00 PM
	Friday, July 15	9:00 AM to Noon & 2:00 PM to 5:00 PM

**LODGING:**

**Paul Smith's College Dorm** – The Upper St. Regis Dorm offers “suite style” accommodations. Each air conditioned suite contains 4 single bedrooms, two bathrooms, living room and full kitchen.

**RVs** – there are limited hookups for RVs on the Paul Smith's Campus. Please let me know ASAP if you are planning on bring a RV.

We recommend staying on Campus, but there are motels/hotels/cabins/campgrounds in the area.

**MEALS:** Meals will be available at the Paul Smith's Dining Hall. You can choose from a full meal plan or choose which meals you prefer. Since the Dorms have kitchens, preparing your own meals is an option.

**CLOTHING:** The weather is generally pleasant in the Adirondacks in July; days can be warm and evenings are often cool. Cold snaps are possible, so participants should be prepared with warm clothing. Please come prepared for any weather; we paddle unless it is storming.

**GEAR/EQUIPMENT:** Bring a canoe, paddles, PFD (to be worn at all times when on the water), and kneeling pad. Instructors will teach you in the canoe that you bring. If you need to rent a canoe, paddles, PFD and/or kneeling pad, please let us know ASAP, since rentals are limited and will be provided on a first-come-first-served basis. Additional items to bring include mosquito repellent, flashlight/headlamp, camp chair, sunscreen, and water bottle.

**EVENING ACTIVITIES:** Evening activities may include a “chalk talk,” the Interpretive Freestyle Exhibition, music (bring your instrument), and a Candlelight Paddle on the lake. We can also participate in selected events sponsored by the WCHA.

**REGISTRATION:** Select the desired courses, meals, lodging, and gear rental (if needed) on the Registration Form and mail it, with the Waiver, Medical Form and payment to Robyn Lowenthal, at the address on the registration form. Please note that there is a \$50 ACS registration/insurance fee that is required for all participants whether or not you sleep on site or choose to take classes. Early registration discount until June 23. Confirmation will be sent upon receipt of registration.

The Adirondack Canoe Symposium is an event for paddlers of all ages, levels and tastes. Whether you are an experienced paddler, a beginner or just an enthusiastic fan, our event offers activities and classes for you. Our environment is non-competitive and strictly about immersing oneself in the joys of paddling.

For more information, contact Robyn at [Catboat3@gmail.com](mailto:Catboat3@gmail.com) 201-314-4462, or Lynn at [saddleback84@hotmail.com](mailto:saddleback84@hotmail.com) 518-674-2125.

You can visit our website at [www.freestylecanoeing.com](http://www.freestylecanoeing.com). Information for 2017 will be posted soon.

# Adirondack Canoe Symposium 2017

## Class Descriptions

**Core Classes** run three hours each, for a total of nine hours of instruction.

**Special topics** are largely two hour specialty classes and are optional. Some are not offered every day, so check the schedule before signing up.

**Core Classes:** (Friday 1:30 – 4:30, Saturday and Sunday, 9 – 12)

**Essentials:** The basic things you need to know to begin having good control of your boat. These include forward stroke, reverse stroke, C stroke, J stroke, sweeps, draws and push aways, sculling, braces and rescues.

**Forward Onside:** In this class, we will elaborate on skills learned in Essentials, and add ways to turn the canoe and to move the canoe laterally. These include the Axles, Christies, Wedges, Posts and Sideslips in the Forward Quadrant.

**Cross Forward:** In this class, we will review skills learned in the Forward Class and introduce Cross Forward strokes and maneuvers, including Cross Axle, Cross Post, Cross Wedge, Cross Christie, cross sideslips and linkages.

**Reverse:** In this class, we will review all techniques learned in previous classes, and add techniques specific to paddling in reverse. These include various reverse strokes, Reverse Axle, Reverse Post, Reverse Christie, Reverse Wedge, Reverse Sideslips and linkages.

**Cross Reverse:** After a review of previous classes, we will introduce Cross Reverse strokes and maneuvers, including XR Axle, XR Post, XR Christie, XR Wedge, XR sideslips, and linkages.

**Enhancements:** In this class, the emphasis is on fine tuning maneuvers in all quadrants and increasing heel and pitch. Enhancements such as high knees, inside gimbals and the MacKenzie Reversal will be introduced.

**Exhibition:** Did you ever consider paddling a canoe routine to music? In this class, we will deal with developing a paddling routine and provide coaching for those interested in exhibition/competition.

**Special Topics:** (Friday 9:30 – 11:30, and Saturday 2 – 4). Classes are not offered every day. Check the Registration Form for the schedule of Special Topics. Class offerings will depend on interest and instructor availability.

**Canadian Style, Soloing a Tandem:** Canadian Style solo paddling teaches us techniques for paddling solo in a tandem boat. It is sometimes called “Omering.”

**Forward Stroke Clinic:** Work on a perfect uncorrected forward and cross forward strokes, and test them “Paddling the Inside Circle”.

**North American Touring Technique:** We don't always paddle in circles. Work on efficiency in long distance travel, using a bent shaft paddle and Sit & Switch technique. BYOB (bring your own bent paddle).

**Creekin' FreeStyle:** Applying FS technique on moving water. All day class off campus.

**Enhancements:** Learn Onside and Offside High Kneel Thrusts and Inside, Outside and Cross Gimbals. Bring towels.

**Try Tandem:** If you are strictly a solo paddler, take this opportunity to try tandem.

**Moving Around in Your Boat:** Become more comfortable moving around in your canoe, including Transverse positioning, moving in the boat while linking maneuvers and minimizing boat bobble.

**Heeling and Kneeling 101:** For beginning paddlers. Learn how to be comfortable while heeling your boat. Gain confidence in moving from a seated (three point) to a two point kneeling position.

**Nail The Rail:** For more advanced paddlers who want to learn to consistently and smoothly heel maneuvers to the rail in various quadrants.

**Paddling in Wind and Waves:** Learn techniques to have better control of your boat when paddling in windy, wavy conditions.

**Playing With Paired Solo:** For solo paddlers who would like to work in a fun session with other solo paddlers on boat control with a buddy, basics of paired solo, beginning paired maneuvers, working with music and timing. A light and informal session with focus on the fun of playing with combinations of maneuvers with friends.

**Practical Boat Physics:** A special topic that combines a short on land/beach discussion/demo of how a hull moves through the water with the participants going on water and challenging their hulls - and minds - by experimenting with on water drills designed to demonstrate these forces and make the paddlers more comfortable with the body, boat, blade.

**Did You Ever Think?** A special topics course with Charlie Wilson. Bring your paddling questions.

**Private Instruction Sessions:** Work one on one with the instructor of your choice in a private session on the topic of your choice. Contact event organizers to discuss the type of instruction desired and scheduling.

**Adirondack Adventure with Griz:** An all-day paddle, led by an Adirondack Guide, who will share his knowledge about paddling, flora, fauna, history and culture of the Adirondacks.



**ADIRONDACK CANOE SYMPOSIUM 2017**  
**REGISTRATION FORM**

Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_ ACA number \_\_\_\_\_

I am paddling (Check one) solo \_\_\_ tandem \_\_\_ renting boat \_\_\_ need gear \_\_\_.

I am staying at Dorms \_\_\_ RV \_\_\_ Other \_\_\_\_\_.

I plan to arrive on \_\_\_\_\_ around \_\_\_\_\_ o'clock.

**Accommodations and Meals:**

	Breakfast	Lunch	Dinner	Dorm	RV Lot	Total Daily Cost
Wednesday 7/12	\$8.00	\$13.00	\$20.00	\$40.00	\$35.00	\$
Thursday 7/13						\$
Friday 7/14						\$
Saturday 7/15						\$
Sunday 7/16						\$
Full Meal Plan 11 meals	\$134.00					\$

Request for suite mates, if staying in the dorm \_\_\_\_\_

Any dietary restrictions \_\_\_\_\_

**Accommodations and Meals Sub Total:**                      \$ \_\_\_\_\_

**Core Classes:** (Fri. 1:30 – 4:30 PM, Sat and Sun 9 AM – 12 noon)

<b><u>Check class below:</u></b>	<b><u>Fri., Sat. and Sun.</u></b>	<b>OR</b>	<b><u>Sat., Sun</u></b>	<b><u>Circle one:</u></b>
___ Essentials	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Forward	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Cross Forward	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Reverse	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Cross Reverse	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Enhancements	\$120 \$ _____		\$80 \$ _____	Solo/Tandem
___ Exhibition	\$120 \$ _____		\$80 \$ _____	Solo/Tandem

**Special Topics Classes:** (Friday 9:30 – 11:30, Saturday 2 - 4 PM)

*Class offerings will depend on interest and instructor availability.*

<input type="checkbox"/> Forward Stroke Clinic (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Moving Around in Your Boat (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Heeling and Kneeling (Beginner FS) (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Nail the Rail (Advanced FS) (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Playing With Paired Solo (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Canadian Style (Friday AM)	\$30	\$ _____
<input type="checkbox"/> Enhancements (Saturday PM)	\$30	\$ _____
<input type="checkbox"/> Try Tandem (Saturday PM)	\$30	\$ _____
<input type="checkbox"/> Paddling in Wind and Waves (Saturday PM)	\$30	\$ _____
<input type="checkbox"/> Touring Technique (Saturday PM)	\$30	\$ _____
<input type="checkbox"/> Did You Ever Think? (Saturday PM)	\$30	\$ _____
<input type="checkbox"/> Practical Boat Physics (Saturday PM)	\$40	\$ _____
<input type="checkbox"/> Private Lesson with Instructor of Your Choice	\$60	\$ _____
Instructor _____		
<input type="checkbox"/> Interpretive FreeStyle Exhibition	Free	
<input type="checkbox"/> WCHA Paddle-By (Wooden Boats only)	Free	

**Off-Campus: Thursday 9 Am – 4 PM**

<input type="checkbox"/> Creekin' Freestyle	\$80	_____
<input type="checkbox"/> Adirondack Adventure with Griz	\$80	_____

**Classes & Trips Sub Total** \$ \_\_\_\_\_

Registration & Insurance (Required for all attendees)	\$50	_____
ACA One-Time Insurance Fee, if not an ACA member	\$ 5	_____
Fee if staying off-site	\$15	_____

**Grand Sub Total:** \$ \_\_\_\_\_

**Early Registration Discount (before June 21) deduct \$15** \$ \_\_\_\_\_

**Grand Total:** \$ \_\_\_\_\_

*Make checks payable to Robyn Lowenthal. Mail payment with Registration Form, Medical/Emergency Contact Form and ACA Waiver to:*

*Robyn Lowenthal 576 Martense Avenue Teaneck, NJ 07666*

*Questions? Contact Robyn at [Catboat3@gmail.com](mailto:Catboat3@gmail.com) 201-314-4462 or Lynn at [saddleback84@hotmail.com](mailto:saddleback84@hotmail.com) 518-674-2125*

## CONFIDENTIAL MEDICAL AND EMERGENCY INFORMATION

If unsure of your physical condition or health regarding paddlesports, please consult your physician in advance.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: Home (    ) \_\_\_\_\_ Work (    ) \_\_\_\_\_

Cell (    ) \_\_\_\_\_ E-mail \_\_\_\_\_

In case of emergency, please notify:

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Telephone (    ) \_\_\_\_\_ or (    ) \_\_\_\_\_

E-mail \_\_\_\_\_

Do you have any physical condition which might lead to dizziness or fainting?

Yes \_\_\_ No \_\_\_ If Yes, please elaborate:

Do you have allergic reactions to insect stings or any other source? Yes \_\_\_ No \_\_\_

If yes, do you carry medication for this? Yes \_\_\_ No \_\_\_

If yes, where will it be located?

Are you currently under a physician's care? Yes \_\_\_ No \_\_\_

If yes, please elaborate:

Please discuss below any conditions that might affect your health or comfort while paddling, any significant dietary restrictions, or any special needs you may have:

Insurance Information: Company Name \_\_\_\_\_

Group ID# \_\_\_\_\_

Insured Person's Name \_\_\_\_\_



# AMERICAN CANOE ASSOCIATION MEMBERSHIP FORM



All participants in ACA-insured activities must be ACA members in one of the following categories (choose one):

I am currently an ACA member. My member number appears below. (Check here if renewing with this form <input type="checkbox"/> ) <input type="checkbox"/>	I would like a one-year ACA Paddle America Club Membership for: (check & circle one) <input type="checkbox"/> Individual \$30   Family (2 adults + minors) \$40	I would like a one-year ACA Membership for: (check & circle one) <input type="checkbox"/> Individual \$40   Family (2 adults + minors) \$60
I would like a one-year Senior (62+) or Student Membership for \$25 (under 18, or under 23 with copy of student ID) <input type="checkbox"/>	I would like an ACA Introductory Membership for \$15 (Six month membership with benefits, including a <i>Rapid Media</i> magazine) <input type="checkbox"/>	I would like an ACA Event Membership for \$5 (one activity membership, no member benefits) <input type="checkbox"/>
As a new or renewing ACA member, my <i>Rapid Media</i> magazine choice is:		Print <input type="checkbox"/> Digital <input type="checkbox"/>
<i>Canoeroots</i> <input type="checkbox"/>	<i>Rapid</i> <input type="checkbox"/> <i>Kayak Angler</i> <input type="checkbox"/>	<i>Adventure Kayak</i> <input type="checkbox"/>

## AMERICAN CANOE ASSOCIATION ADULT WAIVER & RELEASE OF LIABILITY READ BEFORE SIGNING

IN CONSIDERATION of being permitted to participate in any way in the American Canoe Association, Inc. 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 Activity. 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 Activity, the condition in which the Activity 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 in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the American Canoe Association, Inc., its Paddle America Clubs, affiliated clubs and organizational affiliates, their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes 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 fees, loss, liability, damage, or cost which any may incur as the result of such claim.

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 (print) \_\_\_\_\_ Date of Birth \_\_\_\_\_ ACA # (if any) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Date \_\_\_\_\_ Adult Signature \_\_\_\_\_

Name / Description of Activity or Event \_\_\_\_\_

Sponsoring Club / Organization \_\_\_\_\_ Activity Date \_\_\_\_\_





# AMERICAN CANOE ASSOCIATION MEMBERSHIP FORM



All minor participants in ACA-insured activities must be ACA members in one of the following categories (choose one):

I am currently an ACA member. My member number appears below. (Check here if renewing with this form <input type="checkbox"/> )	<input type="checkbox"/>	I would like a one-year Student Membership for \$25 (Under 18, or under 23 with copy of student ID)	<input type="checkbox"/>
I would like an ACA Introductory Membership for \$15 (Six month membership with benefits, including a <i>Rapid Media</i> magazine)	<input type="checkbox"/>	I would like an ACA Event Membership for \$5 (One activity membership, no member benefits)	<input type="checkbox"/>
As a new or renewing ACA member, my <i>Rapid Media</i> magazine choice is:		Print <input type="checkbox"/>	Digital <input type="checkbox"/>
Canoeroots <input type="checkbox"/>		Rapid <input type="checkbox"/>	Kayak Angler <input type="checkbox"/>
			Adventure Kayak <input type="checkbox"/>

## AMERICAN CANOE ASSOCIATION MINOR WAIVER & RELEASE OF LIABILITY READ BEFORE SIGNING

IN CONSIDERATION of being permitted to participate in any way in the American Canoe Association, Inc. 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 Activity. 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 Activity, the condition in which the Activity 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 in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE American Canoe Association, Inc., its Paddle America Clubs, affiliated clubs and organizational affiliates, their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes 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 fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**MINOR PARTICIPANT:** I, THE MINOR PARTICIPANT, 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.

Minor Name (print) \_\_\_\_\_ Minor Date of Birth \_\_\_\_\_ ACA # (if any) \_\_\_\_\_

Minor Street Address \_\_\_\_\_ Minor Phone \_\_\_\_\_

Minor City \_\_\_\_\_ Minor State \_\_\_\_\_ Minor Zip \_\_\_\_\_ Minor Email \_\_\_\_\_

Date \_\_\_\_\_ Minor Signature \_\_\_\_\_

**PARENT OR GUARDIAN:** I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF PADDLESPO RTS AND RELATED ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S 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 FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/Guardian Name (print) \_\_\_\_\_ Parent/Guardian ACA # (if any) \_\_\_\_\_

P/G Street Address \_\_\_\_\_ P/G Phone \_\_\_\_\_

P/G City \_\_\_\_\_ P/G State \_\_\_\_\_ P/G Zip \_\_\_\_\_ P/G Email \_\_\_\_\_

Date \_\_\_\_\_ Parent / Guardian Signature \_\_\_\_\_

Activity Description \_\_\_\_\_ Sponsoring Org. \_\_\_\_\_ Activity Date \_\_\_\_\_