

## **2011 OKCBF Safety Policies and Procedures**

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## Mission Statement

Oklahoma City Boathouse Foundation members and staff are committed to doing everything possible to ensure the safety and well-being of those who participates in activities affiliated with the boathouse. Our responsibilities include being familiar with and following all established safety procedures, and taking appropriate measures during emergent situations. Toward that end, we have developed these safety policies & procedures.

## Boathouse hours and list of safety equipment

### Chesapeake Boathouse

Monday through Friday 6:00 AM to 8:00 PM

Saturday 7:00 AM to 5:00 PM

Sunday 1:00 PM to 5:00 PM

### Devon Boathouse

Monday through Friday 6:00 AM to 8:00 AM, 11:00 AM to 3:00pm, 6:00 PM to 8:00 PM

Saturday 11:00 AM to 3:00 PM

Closed Sunday

### Route 66 Boathouse

Monday through Friday 4:00pm to 8:00 PM

Saturday 7:00 AM to 5:00 PM

Sunday 1:00 PM to 5:00 PM

First Aid Kit behind Front Desk

AED behind Front Desk of Chesapeake Boathouse

Lightning Detector at Front Desk

Weather Station Software on Front Desk Computer

First Aid Kits in each Launch

16 Life jackets in each launch and one with each kayak

Bike helmets for each Bike rental

First Aid Kit in Kitchen

Safety Poster in Launch Area

Multiple Hand Sanitizers located throughout boathouse

Large Water Dispensers supplied on hot days

Safety Lights supplied for all rowing shells

All recreational rowers, kayakers, stand up paddle boarders, and pedal boaters must be off the water at least 30 minutes before closing

## Lockers

Lockers are intended for day use only for members. Please remove all personal belongings and locks following each use.

## Cleanliness

All members are expected to assist in maintaining the cleanliness of the facilities by doing the following:

- Return all equipment to the proper location upon the completion of activity
- Return all tools and parts to the designated location

- Wipe down all fitness equipment following use
- Place all trash and water bottles in the proper receptacles
- Please use recycling bins for paper and plastic
- Re-rack all weights following use
- Place all personal belongings, clothing, etc. in a locker or cubby prior to an exercise session
- Posing notices, signs, etc. to the walls is strictly forbidden

## Equipment Maintenance

The following procedures must be followed when using OKCBF boats:

- Before use
  - Inspect shell for damage and tightness of nuts and bolts
  - Only use boats you are level-qualified to use that are of the appropriate weight class
- After Use
  - Thoroughly rinse and wipe each rowing shell or kayak, oars, oar grips, and paddles
  - Open all vents to ensure proper ventilation for the boat during storage
  - Ensure towel is free from dirt or objects that could be abrasive to the boat
  - Report any damage in the designated log book and to the Boathouse Management immediately after damage occurs or is discovered
  - Return boat to proper storage location

## Security at Exchange Boathouse, Route 66 Boathouse and Stroud Boathouse

When rowing at these facilities members are responsible for the security of the boathouse and its property. All doors must be locked and bay doors shut upon launching, unless there is a working OKCBF staff member present.

## Safety meetings

The Safety Committee will meet once a quarter for a Safety Review Meeting

The Safety Committee will be composed of:

- Safety coordinator
- All OKCBF, OCU, OU, UCO, and HPC coaches for both rowing and kayaking
- Boathouse General Manager
- Guest Relations Coordinators
- Equipment Managers

The function of the safety committee is to review and coordinate all OKCBF safety policies and procedures, review incident reports, make safety recommendations when necessary, and coordinate staff safety training for current and new staff. The Safety Committee will issue a quarterly report on the state of the OKCBF safety program and any changes to the policies and procedures.

## Coaches/Employees Requirements

All Coaches and Employees must have CPR/AED and water safety training. A copy of each employee's CPR/AED certification will be kept on file by the Safety Coordinator

## Safety Protocol

### Rowing

1. Safety Equipment
  - a. Before going out on the water, all rowers and coxswains are responsible for checking ALL their equipment for safety. This includes:
    - i. riggers, buttons/collars, wing nuts, heel ties (2 inches maximum), cox boxes, steering equipment, bowball and stern/bow lights.
  - b. If any equipment is not working, please make a note on the safety board and notify the safety adviser as well – do not just get a new boat and leave unsafe equipment unfixed.
2. Rules of the River
  - a. All rowers must log in and out on the online log (IROWNOW) located at the front desk when rowing on their own
  - b. Members must also check the safety board for important weather and safety updates before going out.
  - c. Please take a water bottle with you while using the river; dehydration is a serious concern while exercising, and all members should be properly hydrated
  - d. All rowers and coxswains must launch with their bows pointed to the West
  - e. Traffic pattern is counter clockwise.
  - f. Crews must proceed carefully through all bridges
  - g. Crews must not go past the large white buoys at either dam
  - h. All boats go into the boathouse stern first, rolling racks included
  - i. All boats must be adequately strapped down
  - j. When the rolling racks are rolled out of the boathouse, they will be put on the grass just to the South of the bike bath, bow first, wheels locked and pointed into the anticipated prevailing wind (most often from the South). Racks must be completely off the bike path.
  - j. There are 3 water intake drains on the river that all rowers should be aware of as they can be potentially hazardous for rowing shells: on the North Shore at the 500 meters to go mark of the race course, on the North shore just to the West of the pipe bridge, and on the South shore just to the East of the pipe bridge. Please be aware of these water intake drains and avoid them.

### Sprint Kayaking

1. Safety Equipment
  - a. Before going out on the water, all paddlers are responsible for checking ALL their equipment for safety. This includes: foot board(s), knee blocks, rudder, rudder cables, tiller and stern/bow lights when paddling at pre-dawn and post dusk.
  - b. If any equipment is not working, please tell a kayak coach – do not cannibalize parts from other boats without explicit permission from a coach.

## 2. Rules of the Oklahoma River

- a. All paddlers going on the river without a coached program must log in and out at the front desk.
- b. Athletes must also check the safety board for important weather and safety updates before going out.
- c. Please take a water bottle with you while using the river; dehydration is a serious concern while exercising, and all members should be properly hydrated
- d. All paddlers training without a coach must launch and land with their bows pointed to the east unless otherwise indicated on the safety board.
- e. When paddling without a coach, paddlers will stay in the middle of the river, traveling in a counter clockwise pattern unless otherwise indicated on the safety board.
- f. When passing other boats on the river, faster crafts will pass on the port side of the boat they are overtaking.
- g. Paddlers must not go past the large white buoys at either dam.
- h. All boats must be adequately strapped down when they are stored on rolling racks.
- i. When the rolling racks are rolled out of the Chesapeake Boathouse, they will be put on the grass just to the South of the bike bath, bow first, wheels locked and pointed into the anticipated prevailing wind (most often from the South). Racks must be completely off the bike path.

### Recreational Kayaks, Stand Up Paddle Boards and Pedal Boats

#### Before you get on the water...

1. Check posted weather and safety reports
2. Follow posted rowing and kayak maps
3. Sign in and out before and after rowing/kayaking
4. Please take a water bottle with you while using the river; dehydration is a serious concern while exercising, and all members should be properly hydrated.
5. Check your boat before and after use; report problems immediately
6. Wear appropriate clothing
7. A PFD must be worn at all times
8. Use the buddy system or carry a cell phone (dry sacs provided)

#### While on the water at the Chesapeake Boathouse...

1. Stay on the North shore at all times
2. Yield to oncoming traffic
3. Do not go past SE 15th Street bridge to the West or I-35 bridge to the East
4. Have fun!

#### While on the water at the Route 66 Boathouse...

1. Stay north of the 23rd Street Bridge
  2. Pass to the center of the river when overtaking a boat
  3. Be courteous and share the waterway
  4. Have fun!
- You must wear a properly fitted life jacket while out on the water. Life jacket must be zipped and/or buckled closed at all times.

- Paddling north at the Route 66 Boathouse - we ask people to not go past the 23rd street bridge. Continuing north up to the dam is not recommended since the dam may be opened at any time without prior warning.
- Groups going out for more than an hour are asked to take a cell phone in a Dry Sac and the number of that phone left with the front desk with an estimated time of return. They are also instructed on the information provided on the laminated paper located inside of each Dry Sac so they know how to contact the RT 66 boathouse in the event of an emergency.

### **Bike Rental**

Helmets are required and supplied

Sign in and out with Front Desk with approximate time of Return and Direction biking.

### **On the Water Emergencies**

If you fall into the water, REMAIN CALM. Stay with your boat; rowing shells and kayaks can be used as flotation devices, roll your shell over and drape your arms over the top to remain afloat. Swim your boat over to the shore or a shallow area and try to get back into your boat. If you can flag down a coaching launch or another rower to help you please do so; have them stay with you while you swim to shore, then accompany you back to the boathouse. Once back in your boat, check all equipment for safety (foot stretcher, heel ties, etc.), then head back to the boathouse as quickly as possible. Report your incident to the front desk, and get assistance carrying your boat back into the boathouse if need be. All members should know several landmarks on the river so they can get emergency help if it is needed: these landmarks are the I-35 Bridge, the Native American Cultural Center, the SE 15<sup>th</sup> Street Bridge, and the Walker Street bridge.

### **Cold Weather Rules**

When water temperature drops below 50 degrees and/or air temperature drops below 40 degrees, ALL rowers and paddlers must be under the direct supervision of a staff member and must stay within sight distance of the safety launch.

All single rowers and kayakers will be required to carry a certified inflatable on non-inflatable PDF. OKCBF will provide certified inflatable on non-inflatable PDF's to all single rowers wishing to row under the Cold Weather policy. They will be available on a first come, first serve basis.

### **Sunrise and Sunset**

All rowing shells, kayaks, dragon boats and safety launches must have a light visible from the bow and stern while on the water in low light conditions. A bright red/green light should be mounted on the bow and a white light on the stern. In the event a rower or paddler cannot attach a white light to the stern, a flashing red light can be worn.

## **Severe Weather**

### **Fitness Desk**

The fitness desk staff will check the local weather forecast at 2 pm daily and will have the lightning monitor "ON" whenever rain or storms are in the forecast. The fitness desk staff person will also monitor the boathouse weather radio and local weather via television (not internet) to ensure the most current, accurate weather information is being received.

### **Coaching Staff**

Every coach/launch driver needs to be aware of weather conditions before going out on the water, especially in the spring and early summer. Corporate coaches will be briefed at the beginning of each session regarding weather conditions. Every coach will carry a radio or working cell phone so s/he can be contacted quickly in the event of storms.

If potential severe weather is detected within a 50 mile radius, the fitness desk should contact the head coach on duty who will determine if weather conditions warrant taking people off the water. If lightning is detected, the fitness desk staff person will notify the head coach on duty who will ensure everyone gets off the water immediately.

It is important to act early with the threat of severe weather. We must allow enough time to get people off the water safely and to a safe location.

### **Notification**

Rowers on the water will be notified of approaching weather by coaches and/or safety launch drivers with the following: three blasts of the megaphone siren followed by the verbal announcement "Attention rowers. A weather alert has been issued. Please proceed to the dock now." This should be repeated until everyone on the water has been notified.

In the boathouse, the fitness desk staff person will either walk through the boathouse notifying members/guests of approaching weather and/or use the PA system to make an announcement. If boats are coming off the water, it's important for the bays to be cleared and for everyone to help rowers get off the water quickly & safely.

It is important for coaches and fitness staff to use appropriate wording when announcing approaching weather. Only use the word tornado if a tornado has actually been spotted and the situation is an emergency.

### **Action Plan**

All coached rowing programs, including corporate programs, will review severe weather plans in detail with rowers. Following notification as noted previously, the plan for moving everyone to safety is as follows:

- Everyone in the boathouse should move out of the boat bay areas, clearing the area for boats to come in.
- Rowers should be instructed to carry boats up as quickly and calmly as possible. All hands on

deck to help get everyone into the boathouse.

- All equipment should be moved inside as long as it can be done without endangering anyone's safety.
- If storms are still far enough out to allow for safe evacuation of the boathouse, everyone should be instructed to leave. However, it is not safe to be in a car during severe weather so do not allow people to leave if a storm is imminent.
- If storms are imminent, move everyone into the following areas: kitchen, shower stalls in locker rooms, inner hallway, inner offices, laundry room and the repair bay.
- Instruct people to get in the storm position: kneel with your head toward the wall, lace your fingers across the back of your neck and keep your face down.
- People may also get underneath tables in the event room facing away from the glass windows.

### **Incident Reports (see attached)**

## **Emergencies**

1. Emergency
  - a. In case of emergency, please dial 911.
  - b. A first aid kit is located at the front desk and in every launch
  - c. There are phones at the front desk as well as in the offices near the event room/front lobby in case of emergency
  - d. All accidents and incidents must be reported to the front desk
  - e. The following phone numbers may be called in addition to 911 in case of emergency:

## **Regatta/Event Safety**

### **EMERGENCY STAFFING & COMMUNICATIONS**

#### **Command Post**

The command post for emergent situations is located upstairs in the Devon Boathouse at the front desk, with a secondary location in the front desk area of the Chesapeake Boathouse.

#### **Regatta Festival Executive Staff**

In the event of an emergency, in addition to reporting the emergency via radio channel "1", the following Festival Executive Staff should be notified:

Mike Knopp – Radio Channel 1 or 412-0766

Brian Ebke – Radio Channel 2 or 415-847-2385

Elizabeth Laurent – Radio Channel 2 or 314-6113

#### **Communications**

The event will provide two radios for emergency communications: one for the command center at the boathouse and one for the safety launch.

Emergency communications will share radio channel "1" with officials. Any water emergencies will naturally be reported via this channel first. Regatta staff and volunteers will also be directed to use channel "1" to report an emergency.

### **Emergency Rescue Boat**

The event will provide a boat and driver for water rescues. We will request Oklahoma City Fire Department provide dive team staffing to the greatest extent possible during the duration of on the water activities during events.

The safety boat will launch from the Chesapeake Boathouse dock. Brian Ebke is the contact for the safety launch, 415-847-2385.

### **Fire Department Unit**

During each event where it is deemed necessary we will be requesting a Fire Department unit onsite to be parked on the Lincoln Bridge (40 feet of clearance) with the understanding it may be called offsite.

### **First Aid**

OSOI will provide a First Aid tent in the Athlete area of all major events. Secondary First Aid supplies are located behind the Front Desk of the Chesapeake Boathouse.

### **EMSA**

EMSA will be notified of all major events and given a site plan before each event so that they are able to respond quickly and effectively to any and all emergencies.

### **Athlete/Spectator Emergency**

Regatta staff, officials and volunteers will be directed to report emergencies via Channel 1 which will be monitored by onsite emergency personnel. The person reporting the emergency must clearly identify the location of the incident in order for emergency personnel to respond as quickly as possible.

If an emergency occurs on the water, race official should notify the onsite Fire Department dive unit and proceed with standard USRowing rescue protocols until the dive team arrives on site. If the dive team is not onsite, officials should report the emergency via Channel 1 to the Chief Official who will call 911 for assistance.

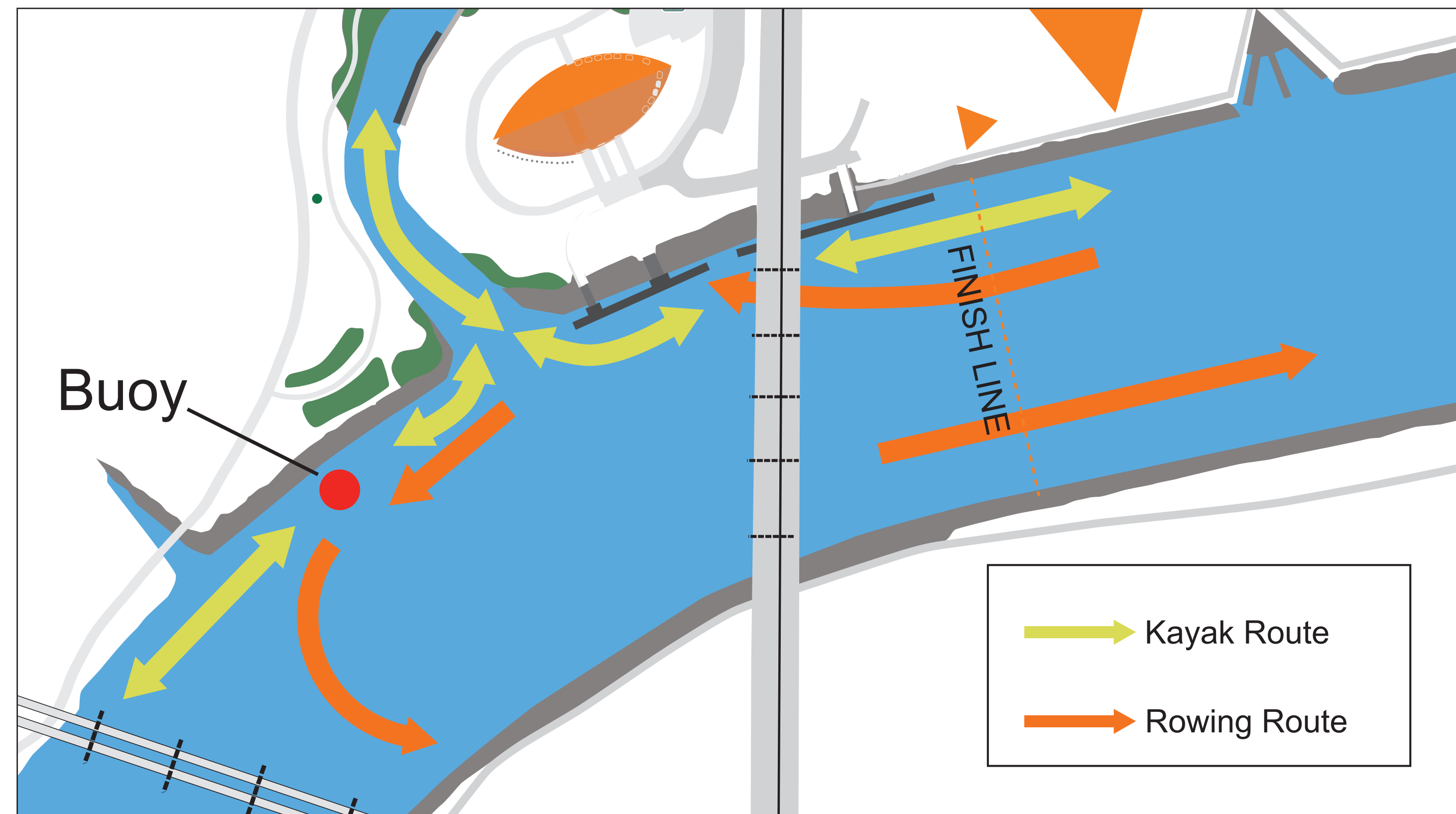
### **Weather Emergency**

Race officials will check weather conditions and forecasts prior to the start of racing. In the event of developing weather, the Fitness Center staff will monitor the NOAA weather radio, lightning meter, and local television weather radar. If storms are approaching, staff will call a direct line into the National Weather Service for up-to-the-minute weather updates.

If potential severe weather is detected within a 50 mile radius, the fitness desk staff will contact the Executive Director and/or Chief Official who will determine if racing needs to be suspended or cancelled, and if the venue needs to be evacuated.

If lightning is detected, the fitness desk staff person will notify the Executive Director and/or Chief Official who will make the call for everyone to get off the water immediately.

No launching of boats should occur for 20 minutes following the last lightning flash or sound of thunder, or until the Executive Director and/or Chief Official have determined the conditions are safe to launch.



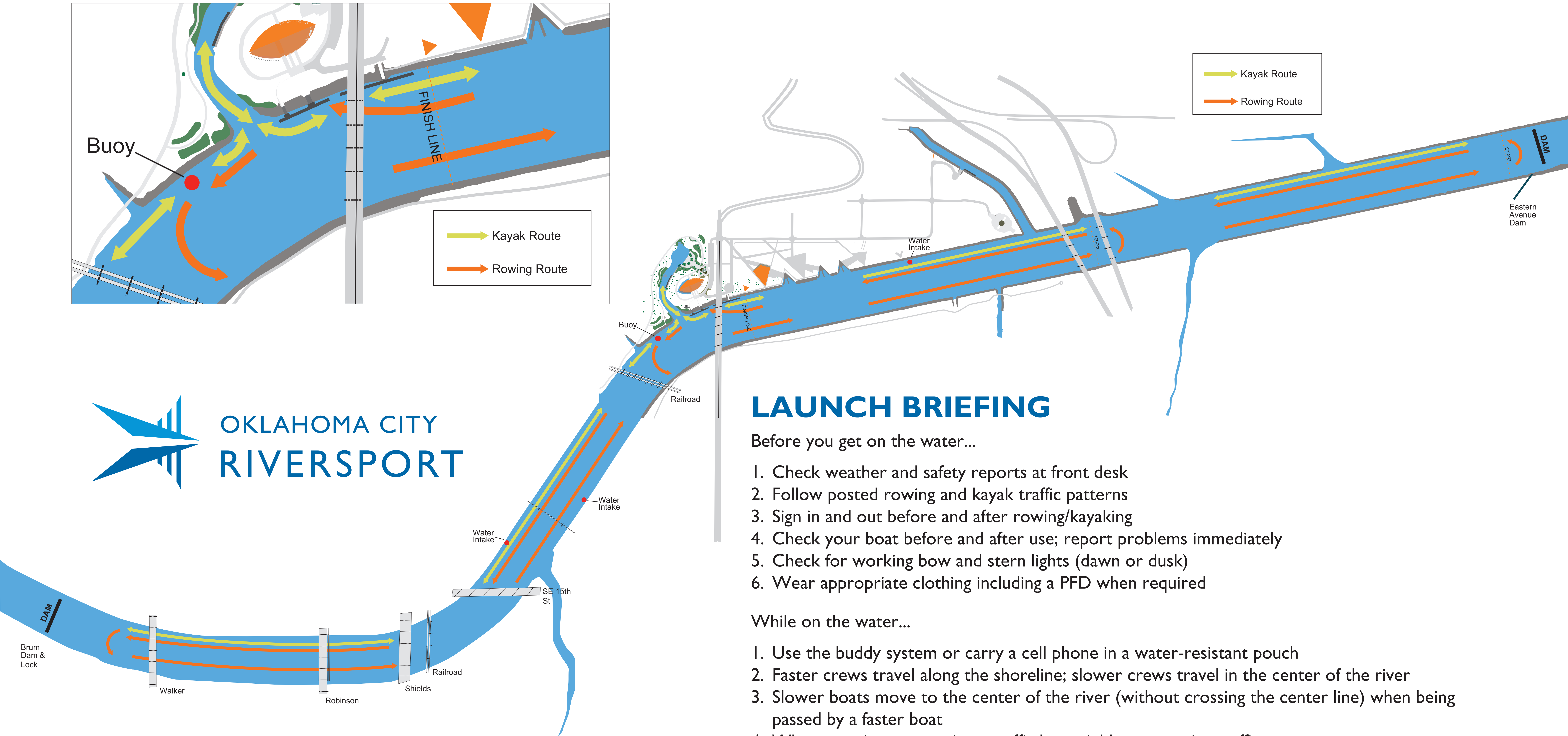
## LAUNCH BRIEFING

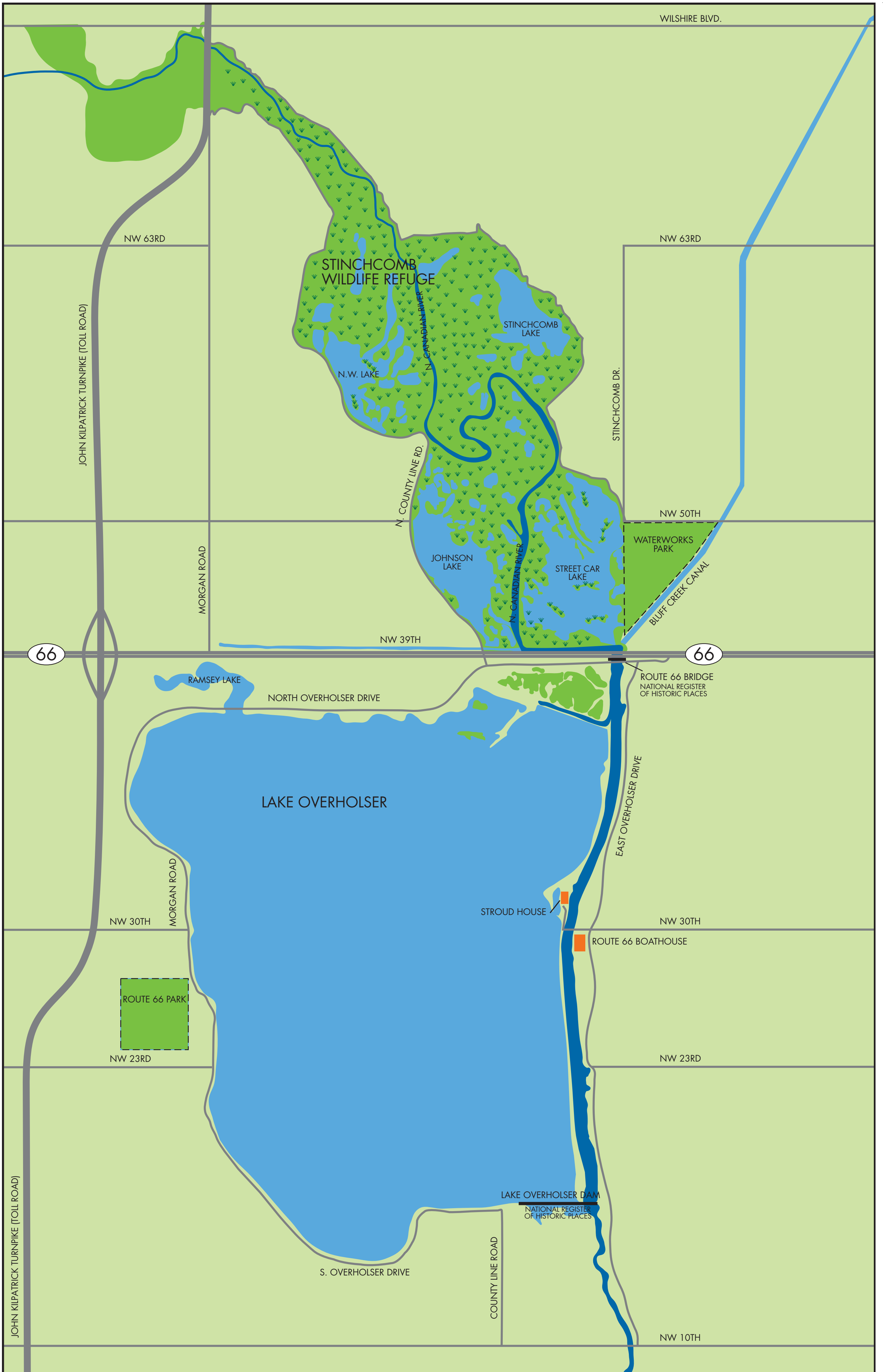
Before you get on the water...

1. Check weather and safety reports at front desk
2. Follow posted rowing and kayak traffic patterns
3. Sign in and out before and after rowing/kayaking
4. Check your boat before and after use; report problems immediately
5. Check for working bow and stern lights (dawn or dusk)
6. Wear appropriate clothing including a PFD when required

While on the water...

1. Use the buddy system or carry a cell phone in a water-resistant pouch
2. Faster crews travel along the shoreline; slower crews travel in the center of the river
3. Slower boats move to the center of the river (without crossing the center line) when being passed by a faster boat
4. When crossing or entering a traffic lane, yield to oncoming traffic
5. Use caution around bridges, river cruisers and water intake platforms
6. Be courteous and share the waterway







# Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of 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 Release 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 in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, 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 or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee 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 a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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.

**Printed Name of Participant:** \_\_\_\_\_

USRowing # \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Organization: \_\_\_\_\_

## PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified 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 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 above Releasee, 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, to the fullest extent permitted by law.

**Printed Name of Parent/Guardian:** \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (only if participant is under the age of 18): \_\_\_\_\_

This is THE USRowing Release of Liability, which should be copied for your use.

**USA CANOE/KAYAK  
WAIVER AND RELEASE OF LIABILITY  
READ BEFORE SIGNING**

IN CONSIDERATION of being permitted to participate in any way in the National Paddling Committee, Inc. dba USA Canoe/Kayak 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 notify the nearest official and discontinue further participation in the Activity.

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 National Paddling Committee, Inc. dba USA Canoe/Kayak, its affiliated clubs, their respective 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.

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)

DATE OF BIRTH: \_\_\_\_\_ USACK #: \_\_\_\_\_ CLUB/ORGANIZATION: \_\_\_\_\_

PHONE: ( ) \_\_\_\_\_ EMAIL: \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)**  
AND 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 RELEASEE'S 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.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(Street) (City) (State) (Zip)

PHONE: ( ) \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (if participant is under the age of 18): \_\_\_\_\_