

Clinic Participation and Experience Survey

Submit a completed copy of this form for EACH student!

All Clinic and Insurance forms can be found at www.threeriverspaddlingclub.org

Name:		Phone:		e-mail:		Age:	
Boat Make/Model:		Kayak	Open Solo	Decked Solo	Open Tandem	Decked Tandem	
		Canoe					
Indicate the NUMBER OF DAYS that you spent paddling in the type of boat you will be using on each of the following kinds of water in the LAST 12 months. Enter 0 for any water you have not paddled.							
	Flat Water	Class I River (Upper Allegheny, Clarion, etc...)		Class II River (Middle Yough, Slip-Eckert to Harris, etc..)		Class III (Lower Yough, SlipRock Mile,...)	
Three most difficult rivers paddled in last 12 months and level:							
How many times during a typical river trip do you swim?							
Check the 12 responses that best apply for the boat that you will be using. Only one answer per question. If you don't know the jargon, check the left answer.							
Swimming:	Can't Swim		Weak Swimmer		Average Swimmer		Strong Swimmer
Stamina:	Runs slower than 10 min. mile		Runs 7 - 10 min. mile		Runs mile faster than 7 min.		Roger Bannister
Upper Body Strength:	Cannot do 15 pushups		Can do 15 pushups and 1-5 chinups		Can do 30 pushups and 6-10 chinups		Can do 50 pushups and 15 chinups
Paddling Experience:	None		Basic Paddling Skills		1-2 years exp.,paddle 10 days/yr Class II-III or better		More than 3 years exp., paddled 25 days/yr Class III-IV
Reading Water:	Cannot read water well		Can pick route in Class II rapids		Can lead in Class II and scout best route in Class III		Can lead in Class III and scout best route in Class IV/V
Eddy Turns:	Some difficulty in Class II		Makes turns in and out of eddies from either side		Makes turns in and out of medium sized eddies in Class III		Can catch small eddied in continuous Class IV
Ferrying:	Cannot ferry		Can ferry in Class I water		Can ferry in Class II water		Can ferry in Class III/IV water
Boat Control:	Can control canoe from one side/Kayak in a straight line		Can maneuver in Class II avoiding big obstacles		Can maneuver in Class III, knows how to work with current		Finesses in boat placement on ALL types of water.
Boofing:	Never Heard of it		Can boof in Class II		Can boof in Class III		Can execute critical boofs in Class IV
Hydraulic Playing & Bracing:	Some difficulty in Class II		Can play in small hydraulics and brace in Class II		Can surf large hydraulics and brace in Class III with small drops		Can surf without a paddle and brace in Class IV with 4 foot verticle drops
Rescue Ability:	Self Rescue in flat water		Can rescue self and others in Class II		Can rescue self and others in Class III		Can assist in rescues in Class IV
Rolling:	No roll		Can roll in pool and 50% of time in Class II		Can roll 3 out of 4 times in Class III		Can roll 4 out of 5 times in Class IV
Aggressiveness:	Don't play much		Plays on familiar rivers		Plays a lot on Class III water		Plays on Class IV with confidence
List any other physical limitations or medical conditions that apply to you such as allergies, diabetes, epilepsy, etc:							
Other comments/requests:							



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:		
<i>Canoeroots</i> <input type="checkbox"/>	<i>Rapid</i> <input type="checkbox"/>	<i>Kayak Angler</i> <input type="checkbox"/>
		Print <input type="checkbox"/> Digital <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 _____