

# TRPC Youth Clinic Participation and Experience Survey Form Page 1 of 2

**Keep this page for future reference** (by Sue Knechtel)

## What to Bring: The Big 5 and more!

1. Kayak - the smallest & lightest you can find (Check with Riversport or other suggested vendors for rentals, specify child's size)
2. Paddle - shorter and lighter is better. Weight is more critical than length if you have to choose.
3. Life Jacket - When buckled properly, shoulders of life jacket should not be able to be lifted above the child's ears. Child should lift off ground before jacket rises over ears. Try jacket on the child before you get to the clinic.
4. Helmet- full head coverage preferred, including ears and back of head.
5. Sprayskirt - For younger paddlers, bungee cord cockpits preferred. Children 8 & under who have never been in a boat before or are a basic beginner will only need a nylon or similar splash skirt. If you are unsure of the type you will need, please call ahead of time to discuss. Some children may not be using skirts at all ... but it's one of the 5 'must haves' for normal kayaking.
6. Nose plugs - any style, preferably on a string of some type to attach to helmet or lifejacket. Available where goggles and such are sold, even sometimes the dollar store.
7. Lunch - non-perishable, nothing needing refrigeration for the day. Lunch should be in a waterproof bag or container. Double any Ziplocs if that is what you will be using.
8. Water bottle - 1 for each day or a refillable container ... one that does not leak when laid on side or upside down.
9. Sunscreen - Especially for face and hands.
10. Clothing - Wetsuit, polypro long underwear or fleece pants and top, the water is usually cold in the lake. Fleece is polyester. DO NOT USE COTTON. Swimsuit under whatever else they are wearing.

## Meeting Place

Saturday and Sunday, June 6 and 7, meet by 9 a.m. for sign-in at Breakneck Campground in the pavilion near the Lodge. Anyone joining us only on Sunday will need to contact the instructor before the weekend and set up a contact plan for Saturday night or Sunday morning. Sunday's plans will be determined by Saturday's events and weather. Students will regroup with their families at the Campground before dinner. If parents are participating in the clinic and are not available when the youth returns, children will be kept in the general area of the instructors' camp or the camp of a fellow youth participant whose parent stayed at the campground. No child under 15 will be allowed to venture around on their own. Children will use a buddy system in the campground until their chaperones are present. If you allow your child to be released to someone other than the parent/guardian, please notify the instructor when dropping the child off. Please be sure the child has dry clothes to change into upon returning to the campground.

**Youth Clinic Coordinator:** Sue Knechtel - Home: (724) 847-4693 Work: (724) 284-4693

## Forms to submit for Youth Registration

Submit the following, with payment, to: **Slip Clinic, 6830 Italy Road, Export, PA 15632**

1. Registration form for clinic and dinner

Submit the following to: **Sue Knechtel, 132 Dave Street, New Brighton, PA 15066**

2. Youth Slip Clinic Participation and Experience Survey Form
3. Medical Release Form
4. ACA waiver and release of Liability Form
5. Youth Clinic Check Off list

# 2009 Youth Slip Clinic Participation and Experience Survey Form

**Submit a completed a copy of this form for EACH student.**

<b>Please be candid and accurate concerning your paddling skills.</b> This survey information will be used to place you into the appropriate skill level group for the clinic with other paddlers whose abilities are similar to yours.	The <b>Youth Clinic</b> has its own required forms that are available at <a href="http://www.threerivers.com">www.threerivers.com</a> . Participants must be at least 6 yrs old. If you do not have internet access and cannot download Youth Clinic Forms, please contact: Sue Knechtel - slkgeneral@hotmail.com H(724) 847-4693 W(724) 284-4693
Student's Name <span style="float: right;">Age</span>	Kayak model:
Phone <span style="float: right;">Email</span>	If you participated in a previous clinic, who was your last instructor?

**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 during the past year:**

Flat water, such as lakes and reservoirs  
 Class I rivers, such as the Upper Allegheny  
 Class II rivers, such as the Middle Yough  
 Class III Rivers, such as Lower Yough or Mile on Slip

List most difficult rivers run and water levels: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Circle the response that best applies for the boat you will be using at the clinic. One answer per question, please.**

Swimming Ability	non-swimmer	weak swimmer	average swimmer	strong swimmer
Physical Activity (per week)	less than 1 hour aerobic exercise	1-2 hours aerobic exercise	2-4 hours aerobic exercise	more than 4 hours aerobic exercise
Confidence	uncomfortable in and around water	comfortable in a swimming pool	comfortable in action water sports	willing to take risks in water activities

Boat Control	no experience or can keep boat straight in flat water	can maneuver in class I water to avoid obstacles	can maneuver in class II water; can work in current	can maneuver in class II water; can play in class II holes and waves
Eddy Turns	no experience	can make eddy turns with difficulty	can make eddy turns in class II water	can make eddy turns in class III water
Ferrying	cannot ferry	can ferry in class I water	can ferry in class II water	can ferry in class III water
Paddle Strokes	no paddling experience	knows basic strokes (forward, reverse, sweep)	comfortable executing basic strokes on class II water; knows bracing & sculling.	comfortable executing basic strokes on class III water; knows duffek & cross draw
Water Reading	little or no experience	can recognize basic river features (eddies, holes, waves, V's, etc.)	can plan routes in class II rapids	can plan routes in class III rapids
Bracing	no experience	inconsistent brace	solid brace in class II water	solid brace in class III water
Rescue Ability	no exit skills	can safely exit from capsized boat in current	can self-rescue in class II water	can self-rescue in class III water; can assist others in class II water
Rolling	no roll	pool roll (3 out of 4 times)	river roll in class II water (3 out of 4 times)	river roll in class III water (9 out of 10 times)
Aggressiveness	no experience	plays on familiar rivers	plays on most rivers; explores new routes	plays a lot; works rivers long and hard

Additional Comments can be written on back.

# YOUTH CLINIC MEDICAL RELEASE FORM

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

List any physical limitations or medical conditions that apply to this child, such as allergies, diabetes, epilepsy, etc.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Parent / Legal Guardian Authorization:

I hereby approve of my son's / daughter's attendance at the Three Rivers Paddling Club Youth Clinic and certify that he / she/ is in good health and able to participate in the clinic activities. I authorize the instructors to act for me according to their best judgment in any emergency requiring medical attention.

Parent's / Legal Guardian's Signature (in ink) \_\_\_\_\_

Date \_\_\_\_\_

Hospitalization Insurance Company \_\_\_\_\_

Policy / Group Number \_\_\_\_\_ -

Date of last Tetanus shot (if known) \_\_\_\_\_

During the clinic, I can be reached at \_\_\_\_\_

Phone \_\_\_\_\_

If you are unable to reach me, please contact \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Additional comments or questions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 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 full membership with benefits, including Paddler Magazine)	<input type="checkbox"/>	I would like an ACA Event Membership for \$5 (One activity membership, no member benefits)	<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 PADDLESPTS 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. TRPC - ACA # 038030 Activity Date \_\_\_\_\_

# YOUTH CLINIC CHECK-OFF LIST

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Boat Type: Kayak \_\_\_ Canoe \_\_\_

Paddling: Saturday \_\_\_ Sunday \_\_\_

Describe briefly your paddling experiences. \_\_\_\_\_

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## Check the skills that you have.

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| <input type="checkbox"/> Name the big five.                      | <input type="checkbox"/> Wet exit (no skirt).  |
| <input type="checkbox"/> Carry my equipment.                     | <input type="checkbox"/> Wet exit and swim to shore (no skirt).  |
| <input type="checkbox"/> Carry my boat & equipment.              | <input type="checkbox"/> Wet exit with skirt   |
| <input type="checkbox"/> Help pack/unpack the shuttle vehicle.   | <input type="checkbox"/> Wet exit with skirt after slapping boat three times.                                    |
| <input type="checkbox"/> Help beginners with equipment.          | <input type="checkbox"/> Paddle forward.   |
| <input type="checkbox"/> Tie down my boat.                       | <input type="checkbox"/> Paddle forward in a straight line.  |
| <input type="checkbox"/> Pull someone in with a throw rope.      | <input type="checkbox"/> Paddle backward.  |
| <input type="checkbox"/> Throw a throw rope.                     | <input type="checkbox"/> Lean and slap water with a flat paddle.   |
| <input type="checkbox"/> Set up a throw line.                    | <input type="checkbox"/> Brace on both sides.  |
| <input type="checkbox"/> Tow a beginner.                         | <input type="checkbox"/> Surf forwards.  |
| <input type="checkbox"/> Bow rescue an instructor.               | <input type="checkbox"/> Ferry back and forth.   |
| <input type="checkbox"/> Swim in the proper whitewater position. | <input type="checkbox"/> Enter an eddy in both directions.   |
| <input type="checkbox"/> Explain what a strainer is.             | <input type="checkbox"/> Exit an eddy in both directions.  |
| <input type="checkbox"/> Explain what an eddy is.                | <input type="checkbox"/> Enter an eddy high and tight.   |
| <input type="checkbox"/> Name one sign of an upcoming rapid.     | <input type="checkbox"/> Exit an eddy high with a good angle for heading downstream.                             |
| <input type="checkbox"/> Name two signs of an upcoming rapid.    | <input type="checkbox"/> Exit an eddy high with a very slight angle for ferrying.                                |
| <input type="checkbox"/> Explain river right/left.               | <input type="checkbox"/> Attain a rapid.   |
| <input type="checkbox"/> Plan a safe route through a rapid.      | <input type="checkbox"/> Hit a wave and a small hole sideways.   |
| <input type="checkbox"/> Choose a safe place to play.            | <input type="checkbox"/> Execute a slalom/obstacle course.   |
| <input type="checkbox"/> Name three warm-up exercises.           | <input type="checkbox"/> Create and execute a slalom/obstacle course that combines at least 6 paddling maneuvers |
| <input type="checkbox"/> Lead two warm-up exercises.             |  |
| <input type="checkbox"/> Find the correct hand position.         |  |
| <input type="checkbox"/> Do five donuts in one minute.           |  |
| <input type="checkbox"/> Do a hip snap.                          |  |