



Paddling Programs 2009 Registration Form



Please carefully complete all information on pages 1-3, and return it, with full payment to:
FortWhyte Alive; Outdoor Adventure Programs; 1961 McCreary Rd.; Winnipeg, MB; R3P 2K9; FAX 896-5753

Participant's Name: _____

Mailing Address: _____
Street City/Town Postal Code

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Email: _____ Fax: _____

Male Female Date of Birth: M ____ D ____ Y ____ FortWhyte Member: Yes No
Paddle Manitoba Member: Yes No

Emergency Contact Name and Phone Number: _____

Please select the course(s) you wish to take.
We reserve the right to cancel or postpone courses due to insufficient registration or severe weather conditions.

Flat Water Kayak Courses at the FWA Adventure Site (8 Hours) FortWhyte and Paddle Manitoba Members \$95, Non Members \$115, plus GST

- | | |
|---|--|
| <input type="checkbox"/> 1. Tues/Thurs, May 19/21, 5-9pm | <input type="checkbox"/> 10. Sun, July 14/16, 5-9pm |
| <input type="checkbox"/> 2. Sat, May 23, 9am-5pm | <input type="checkbox"/> 11. Sat, July 18, 9 am-5 pm |
| <input type="checkbox"/> 3. Tues/Thurs, May 26/28, 5-9pm | <input type="checkbox"/> 12. Sat, August 1, 5-9pm |
| <input type="checkbox"/> 4. Sat, May 30, 9am-5pm | <input type="checkbox"/> 13. Tue/Thur, Aug 4/5, 5-9pm |
| <input type="checkbox"/> 5. Tues/Thurs, June 9/11, 5-9pm | <input type="checkbox"/> 14. Sat, August 15, 9am-5pm |
| <input type="checkbox"/> 6. Sat, June 20, 9am-5pm | <input type="checkbox"/> 15. Tue/Thur, August 18/20, 5-9pm |
| <input type="checkbox"/> 7. Sat, June 27, 9am-5pm | <input type="checkbox"/> 16. Sat, August 22, 9am-5pm |
| <input type="checkbox"/> 8. Tues/Thurs, June 30/July 2, 5-9pm | <input type="checkbox"/> 17. Sat, September 5, 9am-5pm |
| <input type="checkbox"/> 9. Sat, July 4, 9am-5pm | <input type="checkbox"/> 18. Sat September 12, 9am-5pm |

Flat Water Canoe Courses at the FWA Adventure Site and Labarriere Park

Flat Water A Tandem - (4 Hours) FW and PM Members \$55, Non Members \$75, plus GST

- 1. Mon. May 11, 5-9pm, Adventure Site
- 2. Mon. June 8, 5-9pm, Adventure Site

Flat Water C Tandem - (4 Hours) FW and PM Members \$55, Non Members \$75, plus GST

- 1. Thur, July 30, 5-9pm, Adventure Site

Flat Water B Tandem - (4 Hours) FW and PM Members \$55, Non Members \$75, plus GST

- 1. Wed, May 20, 5-9pm, Adventure Site

Flat Water D Solo- (6 Hours) FW and PM Members \$65, Non Members \$85, plus GST

- 1. Sat, Aug 15, 9-3pm, Labarriere Park

Flat Water A & B Combo Canoe Courses at the FWA Adventure Site and Labarriere Park - (8 Hours) \$95 FW and PM Members, \$115 Non Members, plus GST

- | | |
|--|--|
| <input type="checkbox"/> 1. Sat, May 23, 9am-5pm, Adventure Site | <input type="checkbox"/> 5. Sat, Aug 15, 9am-5pm, Adventure Site |
| <input type="checkbox"/> 2. Sat, June 6, 9am-5pm, Adventure Site | <input type="checkbox"/> 6. Sat, Sep 5, 9am-5pm, Labarriere Park |
| <input type="checkbox"/> 3. Sat, June 27, 9am-5pm, Labarriere Park | <input type="checkbox"/> 7. Sat, Sep 12, 9am-5pm, Adventure Site |
| <input type="checkbox"/> 4. Sat, Jul 18, 9am-5pm, Labarriere Park | |

Fees

Total Fees - \$ _____

GST @ 5% - \$ _____

Total Owing - \$ _____

Payment Method

Visa MasterCard Debit Cash Cheque

Card Number _____

Expiry Date _____ Authorized Signature _____

FortWhyte Use: TX #: _____

Please evaluate your physical readiness for this course using the following questions:

Physical Condition: Below Average Average Above Average Excellent

Swimming ability: Poor Fair Good Excellent

Please check the appropriate answer to the following questions. As necessary provide details in the space provided.

- Allergies to the environment? YES NO _____
- Allergies to any medications? YES NO _____
- Asthma or other respiratory diseases? YES NO _____
- Heart disease? YES NO _____
- Lung disease? YES NO _____
- Arthritis, back, or other joint problems? YES NO _____
- Diabetes? YES NO _____
- Hearing impairments? YES NO _____
- Visual impairments? YES NO _____
- High blood pressure? YES NO _____

Are you currently under a physician’s care for changes in your health in the last year that may affect your ability to participate in this course? If “Yes”, please explain. (Female only, includes pregnancy.) YES NO

Are there any other conditions or changes in your health in the last year, such as recent surgeries, that may affect your ability to participate in this course/event? YES NO If yes, please explain _____

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY
For Participants over the Age of Majority

WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!

Every person must Read and understand this Waiver Prior to Participating in Athletic Activities

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me (“the Participant”) with and for the benefit of: The FortWhyte Foundation Inc, Paddle Canada, Paddle Manitoba, their directors, officers, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the “Organization”). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province of Manitoba.

1. “Athletic Activities” includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Participant by the Organization.
2. I am aware that there are inherent and significant risks (“Risks”) associated with the participation in Athletic Activities. I am aware the those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization, and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to my own state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which I conduct myself while participating in Athletic Activities.
3. I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from my participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept these Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me in my participation in Athletic Activities.
4. I acknowledge my obligation to immediately inform the nearest employee or others of the Organization if I feel any pain, discomfort, fatigue or other symptoms that I may suffer during and immediately after my participation in Athletic Activities. I understand that I may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
5. I confirm that I have reached the age of majority in the province or territory in which I am participating in Athletic Activities.

6. In addition to consideration given to the Organization for my participation in Athletic Activities, I and my heirs, next of kin, executors, administrators and assigns, (collectively my "Legal Representatives"), agree:
 - a. to waive all claims that I may have in the future against the Organization;
 - b. to release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from my participation in the Athletic Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organization; and
 - c. to be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claims, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with my participation in Athletic Activities.

7. I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province of Manitoba. I hereby irrevocably submit to the exclusive jurisdiction of the courts of Manitoba. Any litigation to enforce this waiver must be instituted in the Province of Manitoba.

8. I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself and my Legal Representatives.

I have read and understood the above Release.

X _____ DATE: _____
 Signature of the Participant

If the participant is under the age of 18 years, the following must be completed (minimum age is 12 years):

I, _____ as the parent/guardian of the Participant, have read and understood the above Release.

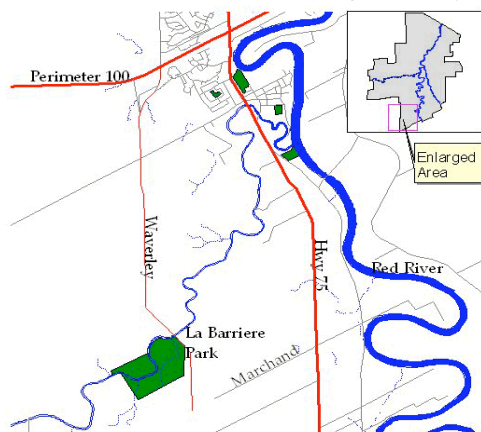
X _____ DATE: _____
 Signature of the parent/guardian

FortWhyte Alive Privacy Policy

In accordance with the Personal Information Protection and Electronic Documents Act, names, addresses, or other personal information collected by FortWhyte Alive will only be used for internal purposes such as informational mailings, membership renewals and other communications, and will not be shared with any third party. Medical information on this form will be shared with course instructors for safety or emergency reasons during your course. You have the right to request that your name and other information not be used for any internal FortWhyte Alive marketing purposes after your course is complete. Complete details of our Privacy Policy are available from on our website, www.fortwhyte.org.

Location

Courses are conducted at Labarriere Park and the FortWhyte Alive Adventure Site. Locations for canoe courses are noted beside the course timings: all kayak courses are conducted at the Adventure Site.



General Information

These courses are designed to meet the needs of both beginners and those students with some experience who wish to further refine their skills. All our courses use the nationally recognized safety and instructional standards of Paddle Canada. Participants may be eligible to receive certification from Paddle Canada following completion of their course. Students who do not achieve certification will receive the opportunity for retest later in the year.

Please arrive at least ten minutes early for each lesson.

If you would like to practice the skills learned during your paddling course, our Paddling Open Houses provide perfect opportunity. They are held each Tuesday and Thursday evening, June 3 - August 28, from 6:30 to 9:00 pm at the Fort Whyte Adventure Site, 2505 McGillivray Blvd, or Wednesday evenings May, 6:30-8:30 pm June/July, 7:00-9:00 pm, August/September, 6:30-8:30 pm at Labarriere Park

Clothing/Equipment

You should be prepared to take on the elements. Rain, wind, cold, and sun can greatly affect your experience. Here are some important guidelines and suggestions for clothing and equipment that can make your course more enjoyable:

- Wear clothing, including footwear, that can get wet (in a Flatwater Kayak or Flatwater Canoe A, B, or A/B will get wet). A swimsuit is strongly recommended for kayaking.
- Bring warm, dry clothes to change into at the end of your course.
- If you wear glasses or contacts, please use an old pair or make sure they are securely fastened
- Do not wear denim, or any other 100% cotton clothing except t-shirts. When it gets wet, you will become cold very quickly. This is especially important for kayak participants and evening courses.

Head / Sun Protection

- Hat and sunscreen
- Sunglasses - put a toggle string on glasses!

Rain Gear (top and pants)

- Make sure jacket has a hood

Food

- Lunch if your course is a full day. There are no food services or vending machines available at the Adventure Site or Labarriere Park

Boat / PFD / Paddle

- Bring your own if you like, but Fort Whyte will supply them

Mosquito repellent

- Mosquitoes are usually not a problem when on the water, but part of all classes are conducted on shore (Its Manitoba - you make the call!)

Water bottle

- A must. Potable water is available in both locations but you should bring at least one litre for full day courses

Wet Suit (Kayaking only)

- From May 1st through June 15th a wet suit is recommended

Nose Plugs/Swimming Goggles (Kayaking only)

- Optional, but may make you feel more comfortable when under water, especially when performing wet exits.