

NORTHERN VIRGINIA REGIONAL PARK AUTHORITY

ASSUMPTION OF RISK FORM



(IMPORTANT: READ BEFORE SIGNING)

You are registered for a canoe, kayak, and/or paddle board tour on a Northern Virginia Regional Park Authority property. Canoeing, kayaking, and paddle boarding can be fun sports; there are however, inherent risks involved. Prior to participating in the program this letter must be read, understood and signed by each participant. If the participant is a minor, the participant and the participant's parent(s) or legal guardian must read, understand and sign this letter. This letter must be signed and on file in order to participate.

Unpredictable weather conditions are to be expected. For early summer and fall tours particularly, water temperatures can be cold despite warm air temperatures. Prior to participating, each participant will agree to inspect the equipment to be used, and if they believe anything is unsafe, they will immediately advise their instructor(s) and refuse to participate. Canoeing, kayaking, and paddle boarding in moving water is a strenuous activity. People who do not wish to or are not physically able to engage in strenuous activity should not participate.

Each participant must acknowledge and fully understand that they will be engaging in activities that involve risk of serious injury, including permanent disability and death and severe social and economic losses that might result from their own actions, inactions or negligence, and the actions, inactions, or negligence of others, or the condition of the premises or of any equipment used. Each participant must assume all the foregoing risk and accept personal responsibility for the damages and medical expenses following any such injury, permanent disability or death. Each participant will be responsible for such injuries and/or property damages as described above and agrees to hold harmless the Northern Virginia Regional Park Authority, its officers, employees, volunteers and/or agents for such losses, which might result from their participation in this activity.

This letter may not be modified in any way. If any part of this letter is determined to be invalid by law, all other parts of this letter shall remain valid.

EQUIPMENT TO BE USED:

Each participant will be provided with a life jacket, which must be worn at all times while on the water, a paddle, (a whistle for paddle board use) and instructions on different strokes and form, and how to enter and exit the craft.

Kayaks - We have single and tandem recreational crafts for beginners- intermediate by Perception.

Canoes – Two person recreational craft for moving or quiet water by Mad River.

Paddle Boards – We have 12' paddle boards and adjustable paddles.

Please consider the following:

- As with any exercise it is not advisable to eat a heavy meal just prior to attending your paddle tour with the Northern Virginia Regional Park Authority.
- Canoeing, kayaking and paddle boarding involve constant movement of the upper body and hips. At the beginning of the program we will review proper paddle strokes and use the first few minutes on the water as warm-up.

What to bring:

- Sunscreen and sun protection (hat, UV protective clothing is suggested).
- Appropriate clothing- cotton is not a good insulator once it gets wet. Fibers like nylon, silk, and wool retain insulation properties even when they are wet and therefore, keep the body warmer.
- Appropriate footwear i.e. aqua socks, tennis shoes, strapped sandals.
- Change of clothes and towel for after the tour.
- Drinking water in an unbreakable container

What not to bring/wear:

- Jewelry
- Any item you do not want to get wet
- Electronic equipment including cell phones and non-waterproof watches
- Any loose items should be secured to your person or left at home or in the car. i.e glasses should be secured with a band.

If you have any questions or concerns prior to participating in the tour, talk to the instructor.

Participants must complete the following information
In the event of an emergency, NVRPA should contact:

Name: _____ Relationship to participant: _____
Address: _____ Phone #: _____

THE UNDERSIGNED HAS READ THE ENTIRE LETTER AND FULLY UNDERSTANDS ITS CONTENTS, AND SIGNS IT VOLUNTARILY.

Participants name: _____ Signature: _____ Date: _____
Address: _____ City: _____ State: _____ Zip: _____
Date of Birth: _____

FOLLOWING SECTION MUST BE COMPLETED IF PARTICIPANTS IS A MINOR

Name of Parent/Guardian _____ Signature: _____
Relationship: _____