

True North Kayak Tours Symposium Registration

Name _____ Date of Birth: _____
 Address _____
 City _____ State _____ Zip: _____
 Phone _____ Cell _____
 E-mail _____

Please indicate circle your first choice for each day ONLY that you would like to register for. Every attempt will be made to provide first choices; I will contact you if there is a conflict issue. Please indicate if you will need a boat, boat fitting will occur on Friday Night June 18th at True North Universal HQ During the BBQ

I require a sea kayak _____
 I do not require a sea kayak _____

Saturday Choice	
Rescue clinic (BCU FSRT)	
Intro to Kayaking	
Rolling + Brace / Forward Strokes	
BCU 2 star training	
Sunday Choice	
WW for sea kayakers	
Basics and Beyond	
Rolling + Brace / Forward Strokes	
Intermediate Kayak Skills	
Monday Choice	
BCU 2 Star Assessment	
Forward Stroke II (Full Day)	
WW river run	

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Course Fee <ul style="list-style-type: none"> Paddlesport Weekend \$375 Two days of instruction \$ 250 One day seminar \$175 	Send checks to: True North Kayak Tours 25 Nash Place Burlington, Vermont 05401
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In consideration of the services of Vermont Kayak Tours, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "V.K.T."), I hereby agree to release and discharge V.K.T., on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that kayaking on any body of water entails known, unknown or unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: boat capsize; travel in remote areas; collision with objects or other water craft; prolonged exposure to cold water; hypothermia; accidental drowning; mental anguish or trauma; illness in remote areas; exposure to sun; strong wind; cold; storms; large waves; and lightening; wrist; arm; shoulder; and/or back injuries; slips and falls while hiking; and rapidly changing adverse weather and water conditions.

Furthermore, V.K.T. guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless V.K.T. from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of V.K.T.'s equipment or facilities, including any such claims which allege negligent acts or emissions of V.K.T..

4. Should V.K.T. or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume-- and bear the costs of-- all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit against V.K.T., I agree to do so solely in the state of Vermont, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against V.K.T. on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and agree to be bound by its terms.

Signature of Participant: _____ **DOB** _____

Print Name: _____ **Date:** _____

Street: _____ **City:** _____

State _____ **Zip:** _____

Phone: _____ **Cell Phone** _____

Name _____

Emergency Contact # _____

HEATH INFORMATION

For safety reasons, coaches need to be aware of any special health concerns you may have. Please attach any additional information to this sheet. This information will be kept in accordance with HIPA rules and regulations.

1. What is your weight?_____. What is your height?_____
2. Are you currently under the care of a medical specialist? **Yes / No**
If yes, for what conditions?
3. Are you currently taking over over-the-counter or prescription medications? **Yes / No**
4. Do you have any sensory or physical limitation? **Yes / No**
5. Do you have any learning or emotional limitations? **Yes / No**
6. What are the medicines that you take?
7. Do you have any allergies **Yes / No**
Please describe

- Have you had a tetanus shot in the last 10 years? **Yes / No**
Have you received all childhood disease immunizations? **Yes / No**
Have you been immunized against Hepatitis B **Yes / No**
Have you been stung by a bee more than once? **Yes / No**

Do you have any of the following: **(Please Circle)**

- | | |
|----------------------|--------------------------------|
| Hemophilia | Knee Condition |
| Diabetes | Back Condition |
| Hernia/ruptures | Heart defect/disease |
| Arthritis | Allergy to Bee stings |
| Lung disease, Asthma | Seizures or other CNS disorder |

If you circled any of the above, please describe exact diagnosis and treatment:

EMERGENCY INFORMATION

Health Insurance Company _____ Policy # _____
Physician: _____ Phone _____
Emergency Contact _____ Phone _____
Relationship: _____

**** This information will be released to your coach/s**

True North Kayak Tours

Symposium Course Description

Intro to kayaking

This class will start by introducing solid foundational skills for forward strokes, turning strokes, basic rescues, safety considerations, and paddler development ideas. The full day course will allow new, beginner, and recreational kayakers to experience what a sea kayak has to offer in the way of maneuverability, speed, and safety on the water. The venue will be in protected water with access to dry land for stroke discussion, lunch, resting and demonstrations.

BCU Two Star Prep.

The focus on this program will be to develop a well rounded paddler by introducing participants to a wide variety of paddle-sport opportunity. Canoes, kayaks, race kayaks, white water boats, and sit on tops are all part of the repertoire that will be offered in alignment with the British Canoe Union 2 star standards (www.bcuna.com)

A strong focus on canoe and kayak skills allows paddlers to understand the basic concepts of how these skills differ and are the same in many ways. This class is a great starting point for people interested in assessing their own skill level as kayaker or for those planning on following a guide, instructor, leader pathway with the ACA or BCU.

Intermediate Kayak Skills

Working with two of the most highly recognized coaches in the north east this class will focus on technical strokes that are challenging to master. Portions of the day will be spent working on specific skills and mechanics of the more challenging strokes, not including rolling. Lunch time activities include discussions about the physics of the forward stroke will enhance your on the water experience during the forward stroke portion of the day. This class is most appropriate for people that have had several days of instruction following an established curricula or syllabus like those offered by the ACA or BCU by working with strong intermediate paddlers to smooth out the kinks on their more advanced strokes and rescues. This program is appropriate for BCU 2 star paddlers with some time and miles under their skirts that desire to refine their strokes. A large focus on edge control and how it connects to boat/paddler performance will create “light bulb moments” for paddlers of all experiences.

FSRT (Kayak Rescue)

This class will closely follow the BCU guidelines for Canoe/kayak rescue certification and Foundational Safety and Rescue Training. It will cover issues of towing, canoe rescuing a kayak and kayak rescuing a canoe, hypothermia, recreational kayak rescue techniques, entrapment concerns and basic seamanship in relation to kayak rescue.

Forward Stroke II

This is a full day focus on core paddling and going forward. Join Ben Lawry in the pre-eminent paddler development activity. Ben’s humorous approach to making connections between the boat, body, and blade will significantly improve anyone’s forward stroke making it more efficient, powerful, and comfortable. Video analysis and guided discovery will make this class of 8 participants fill up very quickly. It is recommended that you have had at least one day of instruction on the basics of forward strokes prior to taking this class.

Intro to white water for sea kayakers (“Current issues” in sea kayaking)

Put those skills to the test. This class is designed specifically for sea kayakers that want to try ocean conditions but don't have an ocean nearby. Practice ferry glides, current crossing, dealing with eddys caused by an ebb or flood as well as braces under pressure.

White water boats and sea kayaks will be used in class 1-2 moving water in a safe, deep, and viewing appropriate spot. This is not a white water class but does involve helmets, moving water, and rocks. It will provide a thrill and a challenge to intermediate paddlers looking to kick it up a notch

BCU 2 star assessment

This clinic will allow further preparation that should be taken after the day one intermediate class and day 2 rescue clinics. It is appropriate for individuals genuinely interested in determining where they are in their paddler development. This assessment is a tool to help understand what skills need further development. The assessment will take a majority of the day but time will be provided to brush up, ask questions, and practice skills with another instructor. This course involves canoeing as well as alternative paddle craft which are provided in the cost of the class

Basics and Beyond Kayak Skills

AKA Kayak 201 this program will closely follow the standards set out by the BCU star awards. Your coach will build upon basic paddle skills developed from the day prior, or from your own experience, helping participants to link strokes, polish and refine technique and choose ala carte what they would like to work on.

Forward Stroke followed by Rolling and Bracing

Drink the some of this magic elixir to help your kayak roll. Coaches working together will use a highly diverse approach to learning rolling and bracing techniques. Coaches will help the **6 participants** in this class to begin to realize that a roll is available to all. *This class will be split into two half day sessions; one that focuses forward strokes in the and on bracing and rolling in the afternoon.*

Daily Schedule of events and general information

CONTACT INFO

Dovid 802-238-7695

Jane 802-238-5368

Canoe Imports 651-8760

VENUE LOCATIONS

Will be determined on a daily basis by coaches and conditions

Friday Eve	June 18 2010
Meeting Location:	Jane Yagoda's house 53 Nash Place Burlington VT (802)238-5368
Meeting Time:	5:00 PM
Evening Event	True North BBQ Intro to contests, food, boat fittings, organization questions PARKING LIMITED PLEASE RIDESHARE Food provided by True North byo adult drinks

Saturday	June 19th 2010
Meeting Location:	Canoe Imports 370 South Dorset St. South Burlington. VT
Meeting Time:	8:00 AM
Evening Event 6:00 PM	Pizza dinner and Slideshow Eastern Mountain Sports South Burlington

Sunday	June 20th 2010
Meeting Location:	Canoe Imports 370 South Dorset St. South Burlington. VT
Meeting Time:	8:00 am

Evening Event	Dinner and social time 6:00 PM
Meeting Location	Ethan Allen Club College St. Burlington VT.

Monday	June 21st 2010
Meeting Location:	Canoe Imports 370 South Dorset St. South Burlington. VT
Meeting Time:	8:00 AM (WW program may meet and depart earlier)