



Paddling Declaration of Skill Proficiency

Please read this in its entirety; print your name, date and sign your name where designated.

By signing this waiver you attest to your proficiency in, knowledge of, and understanding of the following TECHNIQUES AND SAFETY MEASURES:

PADDLING:

Peel out, upstream ferry, back ferry, eddy turns, stop positions-sitting/kneeling, forward in a straight line.

Paddle strokes: forward and backstrokes, draw stroke, cross bow draw, stern sweep, stop.

Reading water: V's-upstream/downstream; recognizing: rocks, horizon line, ledges, strainers, eddies, hydraulics.

River rescue/safety: How to swim in moving waters, foot entrapment prevention, aggressive swimming-self rescue, avoiding obstacles/strainers, broaching/pinning; communication: paddle signals/whistle use, rescue priorities (people, boats, gear), hypothermia: prevention and treatment, how to receive a throwrope, lifejacket fit, helmet fit.

PADDLING Proficiency, INTIAL HERE _____

I have read this form in its entirety and understand fully, and accept the requirements of the event I am about to take part in. I certify that I have the skills and proficiency required to participate in this event and that I have had all related questions answered for me.

TEAM NAME:

Captain's PRINTED Name	Captain's SIGNATURE	DATE
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Teammate's PRINTED Name	Teammate's SIGNATURE	DATE
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Teammate's PRINTED Name	Teammate's SIGNATURE	DATE
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Teammate's PRINTED Name	Teammate's SIGNATURE	DATE
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This completed declarations form must be turned in at racer check-in the night before the event.