

Comox Strathcona Canoe Racing Club PFD Directive

If you cannot swim for 200 yards (183 metres) and tread water for 20 minutes, you are required to wear a PFD at all times when paddling in club canoes and during club activities.

Comox Strathcona Canoe Racing Club Medical Condition Awareness Directive

If you have any medical conditions that may be an issue while participating in club activities, you must list them here and make them known to the crew you are paddling with.

Cold Water Conditions and Club Safety Waiver:

Athletes over 18 years of age

I am fully aware and understand the risks involved with paddling in cold water conditions. I understand that if I paddle without wearing a Government approved PFD, I do so at my own risk and I assume all responsibility for my actions. I understand that if I capsize while not wearing my PFD, my safety is compromised.

In any case, I agree to comply with all applicable Coast Guard Regulations and with the above Comox Strathcona Canoe Racing Club PFD and Medical Awareness directives.

I hereby release Comox-Strathcona Canoe Racing Club, its coaching staff, volunteers, directors and all related persons, groups and associations, from any personal injury, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my choice to not wear a PFD and to participate in club activities with medical conditions.

Date Athlete (printed name) Athletesignature

Date Witness (printed name) Witness signature

Date Parent or Guardian if under 18 years old.