PARTICIPANT REGISTRATION

PARTICIPANT REGISTRATION	V	20th IAND SESFA
Please check all you are registering for:		T.IID ZOLV
☐ Early Bird Registration – Land Meets Sea Sports Camp (<i>If postmarked by July 3</i> , 2015)	\$275	SPORTS CAMP AUGUST 5-7, 2015 • LONG BEACH, CA
☐ Late Registration – Land Meets Sea Sports Camp		Please indicate your total cost below. Make check payable to "Casa Colina Outdoor Adventures."
		TOTAL
Lunch is provided for registered participants and vol	unteers.	
Attendants/family members are welcome to purchase lunch	at \$5 per persor	n/meal to be paid with registration fees.
Yes, I would like to purchase meals @ \$5/each, to	tal of \$	
Note: Attendant/family meals will be available at camp for \$8. We en	ncourage you to pu	rchase in advance with your registration.
Name	Your I	Disability
Mailing Address		
City	_ State	Zip
Phone # E-mail.		
☐ Male ☐ Female Age Will you be bringing ar		
ONE FREE T-Shirt – Size (circle one) XS S M	M L XI	_ XXL XXXL
Please complete the following forms and return	with your payn	nent in full to the address below.
☐ Registration & Activity Sign-Up Form – Casa Colina	☐ Waiver – Cas	sa Colina
Program Application – Casa Colina		ited States Sailing Center
☐ Program Application – United States Adaptive Recreation Center		ited States Adaptive Recreation Center kahi Outrigger Canoe Club (If applicable)
		over >



PARTICIPANT ACTIVITY SCHEDULE

Please choose desired activities from the schedule below. Selected activities will be granted on a first-to-register basis. Please see enclosed Activity Description Sheet for specific details and prerequisites.



Circle the activity and session box in which you would like to participate.

Important: Please designate a second choice by circling another activity and writing "2" next to it. Call if you would like assistance.

Session	Wednesday	Thursday	Friday
	August 5	August 6	August 7
8 am - noon	Water-Skiing	Water-Skiing	Water-Skiing
	Jet-Skiing	Jet-Skiing	Jet-Skiing
10 am - noon	Tennis Kayaking	Kayaking Hockey Sailing Harbor Cruising Outrigger Canoeing	Handcycling Basketball Sailing Harbor Cruising Outrigger Canoeing
1 pm - 5 pm	Water-Skiing	Water-Skiing	Water-Skiing
	Jet-Skiing	Jet-Skiing	Jet-Skiing
1:30 pm - 3:30 pm	Tennis Handcycling Sailing Harbor Cruising	Kayaking Handcycling Quad Rugby Sailing Harbor Cruising Outrigger Canoeing	Sailing Harbor Cruising



All forms must be postmarked by July 3, 2015 for Early Bird Registration.

Outdoor Adventures Program Application 2015



Please Check All That Apply:		
□ Participant □ Care Provider □ Family Member □ Friend		
Name		
Address		Apt#
City	State	Zip
Home #	E-mail	
Work #	Work Extension	
Fax #	Cell/Pager #	
Have you ever received services at Casa Colina?	If Yes, Date:	Dept:
The Outdoor Adventures program exists to serve persons program participants, please be as detailed as possible questions thoroughly including any special health care.	le regarding your disabi re needs you may requi	lity. Please answer <u>all</u> re.
Date Of Birth Age Height Weight	nt	☐ Female
Your Disability	Date Of Onset _	
Do Any Of The Following Apply To You?		
☐ Wheelchair-Manual ☐ Wheelchair-Power or Scooter ☐ Cane Can you walk unassisted on uneven terrain? Do you use a catheter? Do you use a diaper? Do you utilize the services of an attendant when:	CrutchesWalkerService DogYesYesYes	□ No□ No□ No
Eating Bathing Toileting Dressing Comfortable In The Water	 Yes Yes Yes Yes Yes 	 □ No □ No □ No □ No
Swimmer or Non Swimmer 1. Have you had <i>any</i> seizures in the last year? If "Yes", when:	☐ Yes	□ No
Outdoor Adventures Staff	Phone (909)	596-7733 Extension 4131

Outdoor Adventures Staff 255 Bonita Avenue Pomona, CA 91679

Phone (909) 596-7733 Extension 4131 Fax (909) 450-0312 adventure@casacolina.org

	Date of last tetanus shot: Are you currently under the care o						
	specialist or doctor? If "yes" please provide more inform			Yes		No	
4.	Do you have any food allergies or			Yes		No	
5.	Are you currently taking any medi-	cations?		Yes		No	
На	ve you or are you experiencing any	of the following? Please ch	eck all	that apply	7.		
	Allergies To Medications Allergies-Other Arthritis Behavioral Issues Blood Pressure Issues Bowel/Urinary Issues Chemical Dependency Communicable Disease Diabetes	 □ Dysreflexia □ Ear Drum Perforation □ Ear Infections □ Fainting/Blackouts □ Headaches □ Hearing Impairment □ Heart Defect/Disease □ Kidney Stones/Infection □ Knee/Joint Conditions 			Lung/Repa Mental Illne Pressure Son Respiratory Seizures Spinal Cond Visual Impa	ss res Problem litions	
"Ye	ou answered "Yes" to any of the questies" to question #5 above, please comple	te the "Trip Medications Sheet	·"·				
<u>Ple</u>	ase complete ALL information accu	<u>rrately</u> as it is necessary for t	us to h	ave should	l you requir	e medical	l care.
Н	ealth Insurance Company		Policy	y Numbei	ſ		
Pe	rsonal Physician		Physi	cian's#_			
En	nergency Contact Name		Relati	ionship _			
Н	ome #		Alter	nate#			
leg	ne participant is under 18 years of age, o al guardian is required. nsent For Treatment	r is unable to sign due to other	incapad	ity, the sign	nature of a par	ent, spous	se or
IN (CASE OF EMERGENCY, the UNDERSIGN of determine to be necessary. The UNDERSIGN dical/surgical care and/or hospitalization for ding receipt of a specific consent from the UNDERSIGN.	SIGNED authorizes any licensed p the participant, including anesthe	hysiciar tics, whi	n and/or med ch they dete	lical facility to primine necessa	orovide any ry or advisa	able,
Dat	e: S	igned:					
Sig	nature of parent, spouse or legal guardian:						
I he scie	dia/Photo Release reby authorize Casa Colina to photograph a entific, charitable, public relations and/or cor elications etc., at the discretion of the corpor photography, in digital or any other format,	mmercial goals, such as human-in ation and without limitations or res	terest st servation	ories, advert s. The term	isements, pror ı "photograph"	notions, ex	hibitions,
Dat	e: S	igned:					
Sia	nature of parent, spouse or legal guardian:						
Ot 25	utdoor Adventures Staff 5 Bonita Avenue mona, CA 91679		Pl Fa	none (909) ax (909)	596-7733 Ex 450-0312 casacolina.o		4131

Fax (909) 450-0312 adventure@casacolina.org

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT OUTDOOR ADVENTURES



NAME:	
ACTIVITY: Land Meets Sea 2015	DATE: <u>August 5-7 2015</u>

PARTICIPATION IN THE ABOVE ACTIVITY IS VOLUNTARY AND IS NOT REQUIRED AS PART OF THE REGULAR PROGRAM OF CASA COLINA, INC., AND/OR ANY OF ITS SUBSIDIARY CORPORATIONS.

IN CONSIDERATION of being permitted to participate in the above activity or to any area where any activity related to the above activity shall take place, **each of the undersigned**, for himself, his personal representatives, heirs, and next of kin, acknowledges, agrees and represents that he has, or will immediately upon entering any such area, and will continuously thereafter, inspect such area and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such areas and his participation, if any, in the activity **CONSTITUTES AN ACKNOWLEDGMENT THAT HE HAS INSPECTED SUCH AREAS** and that he finds **AND ACCEPTS THE SAME AS BEING SAFE** and reasonably suited for the purposes of his participation, and he further agrees and warrants that if, at any time, he is in or about such areas and he feels anything to be unsafe, he will immediately advise the persons in charge of such and leave the area.

The undersigned hereby releases, waives, discharges and covenants not to sue Casa Colina, Inc., and/or any of its subsidiary corporations, officers, directors, employees, sponsors, participants, owners and lessees of premises used to conduct the activity herein described, all herein referred to as "releasees," from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in the death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon such areas and/or for any purpose participating in the described activity.

The undersigned, and each of them, hereby acknowledges and understands that participation in the described activity is voluntary and by his participation thereof assumes full responsibility for and risk of bodily injury, death or property damage due to the negligence of the releases or otherwise while in or upon such area and/or for any purpose participating in the described activity.

The undersigned, and each of them, hereby agrees to indemnify and save hold harmless the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in or upon such area or for any purpose participating in the described activity and whether caused by the negligence of the releases or otherwise.

The undersigned, and each of them, expressly acknowledges and agrees that the activity is dangerous and involves the risk of injury and/or death and/or property damage. Each of the undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the state and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducements apart from the foregoing written agreement have been made.

The undersigned, and each of them, acknowledges that he is responsible for maintaining accident and health insurance to cover bodily injury and/or personal property damage.

1.	RELEASE AND WAIVER OF LIABILITY AND INDEMNITY: If u other legal incapacity, signature of parent or guardian is requ	• •
	SIGNATURE OF PARTICIPANT:	_ DATED:
	SIGNATURE OF GUARDIAN, CONSERVATOR, OR PARENT IF PA 18 YEARS OF AGE:	RTICIPANT IS UNDER
		_ DATED:

2. MEDIA/PHOTO RELEASE: I hereby authorize Casa Colina to photograph and/or interview me and to use the photographs and/or interviews for educational, scientific, charitable, public relations and/or commercial goals, such as human-interest stories, advertisements, promotions, exhibitions, publications etc., at the discretion of the corporation and without limitations or reservations. The term "photograph" includes video or still photography, in digital or any other format, and any other means of recording or reproducing images.

SIGNATURE OF PARTICIPANT:	DATED:
SIGNATURE OF GUARDIAN, CONSERVATOR, OR PAI 18 YEARS OF AGE:	RENT IF PARTICIPANT IS UNDER
	DATED:

Group Name:		() Adult	() Junior
U.S. Adaptive Recreation Center	Participant Information Form	Summ	ner 2015
Name:	Home Phone:		
Address:	Work Phone:		
City:	Cell Phone:		
State: Zip:	E-mail address:		
County (ie: LA, Orange, San Bernardino):	Weight:	Height:	
Date of Birth: Age:	NA/F.		
Parent/Guardian Name:			
Emergency Contact Name:			
Physician/Hospital Name:			
PARTICIPANT DETAILS 1. Participant disability (be specific as to physical)	or cognitive elements):		
2. Do you use a wheelchair? OYes ONo If y			
3. What aids, if any, do you use to walk? (ie: walk			
4. Do you have seizures? OYes ONo Type or			
5. Frequency of seizures:			
6. Are you currently taking any medications?	Scizine medication (s)		ONo
If yes, please list medications (attach additional	naga if nagaggami):		ONO
7. Are you allergic to anything, (i.e. medication, for			ONo
If yes, please list allergies:		OTES	0110
8. Do you have any specific dietary requirements (OVes	ONo
If yes, please explain:		O X CS	0110
9. Do you need to limit your activities for any reas		OYes	ONo
If yes, please explain:		3	0110
10. Do you utilize the services of an aide/attendant f		OVes	ONo
If yes, please explain:	•	0 2 52	
11. Can you swim? OYesONo If no, are you comfo		est? OYes	ONo
12. Are you able to turn yourself over from a face do			-
13. Are you currently under a physician's care for an	•	-	
diabetes, heart trouble, spinal stabilization, shun		• • •	ONo
If yes, please explain (attach additional page if i	· · · · · · · · · · · · · · · · · · ·	•	
14. Have you participated in USARC SUMMER pro			
15. How did you first hear about USARC?			
Military/Veteran Information			
ist Actual Years Served(i.e. 2010,2011,etc):		Injured Post 2001	
ranch:		Injured Pre 2001	
Rank:	Guest/Family Me		
ate of Injury: Place of Injury:	Veteran Support Other		

USARC Waiver & Release of Liability, and Media Release Agreement

United States Adaptive Recreation Center (USARC) ("Released Parties") are a non-commercial, not for profit activity provider. The purpose of this agreement is to exempt, waive and relieve Released Parties from any and all liability for wrongful death, personal injury, and property damage, including, but not limited to, liability arising from the negligence of Released Parties. "Released Parties" include USARC and their representatives, administrators, directors, agents, coaches, employees, and volunteers; other participants, sponsoring agencies, sponsors, and advertisers; and, if applicable, the owners, operators, and lessors of premises on which the activities or events take place.

In consideration of the undersigned Participant being allowed to participate in any way in USARC related events and activities, the Undersigned ("Undersigned" means only the Participant when the Participant is age 18 or older or it means both the Participant and the Participant's parent or legal guardian when the Participant is under the age of 18) agrees and acknowledges as follows:

- 1. Risks of Activity. Participant will be taking part in activities that can be hazardous and involve the risk of physical injury and/or death. The activities are inherently dangerous and Undersigned fully realizes the dangers of participating in the activities. The dangers and risks of the activities include, but are not limited to the condition of the premises and equipment, and the acts, omissions, representations, carelessness, and negligence of the Released Parties. Recognizing the risks and dangers, the Undersigned voluntarily chooses for Participant to participate in the activities and expressly assumes all risks and dangers of the participation in the activity, whether or not described above, known or unknown, inherent, or otherwise.
- 2. Release and Indemnification. Undersigned (a) unconditionally releases, forever discharges, and agrees not to sue the Released Parties for any claims or causes of action for any liability or loss of any nature, including personal injury, death, and property damage, arising out of or relating to Participant's participation in the activities, including, but not limited to claims of negligence, breach of warranty, and/or breach of contract the Undersigned may or will have against the Released Parties; and (b) agrees to indemnify, defend, and hold harmless the Released Parties from and against any liability or damage of any kind and from any suits, claims or demands, including legal fees

- and expenses whether or not in litigation, arising out of, or related to, Participant's participation in the activities.
- 3. Helmet Use. Undersigned agrees that Participant shall use a helmet when participating in the following activities: Alpine skilng, cycling, snowboarding, white water kayaking, white water river rafting, and any other activity when directed by Released Parties. Undersigned understands that a helmet is in no way a guarantee of safety and that no helmet can protect the wearer against all foreseeable impacts to the head, and that the activities can expose the Participant to forces that exceed the limits of protection provided by a helmet. Undersigned agrees to assume full responsibility for complying with this paragraph and that Released Parties shall not be liable for any injury or damages resulting from Participant's failure to use a helmet.
- 4. Miscellaneous. Undersigned agrees (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations and ordinances; (b) this agreement shall be governed by the laws of the State of California and the exclusive jurisdiction and venue for any claim shall be located in the state courts located in San Bernardino, California (c) this agreement shall be binding upon the subrogors, distributors, heirs, next of kin, executors, and personal representatives of the Undersigned.

Emergency Phone

Relationship

THAT OTHERWISE MAY EXIST.				
Participant's Signature	Participant's Name (please print clearly)	Date		
	FOR PARTICIPANTS UNDER THE AGE OF 18			
behalf of the minor and that the minor shall be bour guardian of a minor, the parent or legal guardian un have. The Undersigned parent or legal guardian agr	that he/she is not only signing this Agreement on his/her behalf, but by all the terms of this agreement. Additionally, by signing this anderstands that he/she is also waiving rights on behalf of the minotes that, but for the foregoing, the minor would not be permitted ant, signing adults represent that they are a legal parent or guardia	agreement as the parent or legal or that the minor otherwise may to participate in the activities. If		

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS

MEDIA/PHOTO WAIVER: Undersigned authorizes and gives full consent to Released Parties to copyright and/or publish for public view any and all photographs, digital recordings, videotapes and/or film in which Participant appears. Undersigned agrees that Released Parties may transfer, use, or cause to be used, these digital recordings, photographs, videotapes, or films for any exhibitions, public displays, publications, commercials, art and advertising purposes, television programs, and internet without limitations or reservations.

Parent/Legal Guardian Signature | Parent/Legal Guardian Name

Participant's Signature	Participant's Name (please p	rint clearly)	Date
Parent/Legal Guardian Signature	Parent/Legal Guardian Name	Relationship	Date

	FOR USARC STAFF USE ONLY	FOR USARC STAFF USE ONLY FOR USARC STAFF USE ONLY
	Date:	Equipment Used:Handle Type / rope length:
WATERSKI	AM PM Full Day	Outriggers: Yes No Quadback: Yes No Carabiner: Yes No Boat Speed
	Dockmaster:	Comments (set-up, communication, balance, turns, suggestions for future, etc.)
岜	Asst:	
M M	Boat Driver:	
	Note Taker:	
	Date:	Equipment Used:Handle Type / rope length:
	AM PM Full Day	Outriggers: Yes No Quadback: Yes No Carabiner: Yes No Boat Speed
WATERSKI	Dockmaster:	Comments (set-up, communication, balance, turns, suggestions for future, etc.)
Œ	Asst:	
W		
	Boat Driver:	
	Note Taker:	
	Date:	Equipment Used: Handle Type / rope length:
V	AM PM Full Day	Outriggers: Yes No Quadback: Yes No Carabiner: Yes No Boat Speed
WATERSKI	Dockmaster:	Comments (set-up, communication, balance, turns, suggestions for future, etc.)
٩TE	Asst:	
/M	Boat Driver:	
	Note Taker:	
	Date:	Equipment Used: Handle Type / rope length:
_	AM PM Full Day	Outriggers: Yes No Quadback: Yes No Carabiner: Yes No Boat Speed
WATERSKI	Dockmaster:	Comments (set-up, communication, balance, turns, suggestions for future, etc.)
岜	Asst:	Similario (co. up), saminamountari, samino, caggodactic for fataro, ctc.)
WA		
	Boat Driver:	
	Note Taker: AM PM	
	Date: AM PM Coordinator: Asst:	Ride Tally: JETSKI NOTES: Allowed to Drive? Yes No Top Speed Riding Position? FRNT MDL BK Side-Saddle Likes it: Wet & Wild or Dry and Slow
	Driver #1: Driver #2:	Specific Adaptations or settings:
	Date: AM PM	Ride Tally:
조	Coordinator: Asst: Driver #1: Driver #2:	
JETSKI	Date: AM PM	Ride Tally:
ר	Coordinator: Asst:	The rany.
	Driver #1: Driver #2:	
	Date: AM PM Coordinator: Asst:	Ride Tally:
	Driver #1: Driver #2:	
	Date: AM PM	KAYAKING NOTES: Time spent in kayak: Kayak Used: SINGLE DOUBLE-with whom
(h	Coordinator: Asst:	Type of seat used? Regular Rigid PVC seated in: BACK FRONT
KAYAKING	Date: AM PM	Specific Adaptation or settings:
XA	Coordinator: Asst:	
₹	Date: AM PM	
	Coordinator: Asst:	

COUNTY OF SAN BERNARDINO DEPARTMENT OF COMMUNITY DEVELOPMENT AND HOUSING

Project/ Activity Title: Big Bear Valley: Therapeutic Recreation Water Sports Instruction For Disabled Persons-USARC	<u>Case Number:</u> 231-31127/2796
Name/Address of Contract Agency: United States Adaptive Recreation Center P.O. Box 2897 Big Bear Lake, CA 92315	Date of Issue: X Original: Beginning 07/01/10 Amendment No.:

BENEFICIARY QUALIFICATION STATEMENT

This form has the purpose of providing information needed to qualify the use of federal Community Development Block Grant (CDBG) funds for the project/activity described above. This statement must be completed and signed by the person (or legal guardian of the person) requesting to receive benefits from the described project/activity. Only one statement per person, per year is required.

Please answer each of the following questions.

- This question helps you determine the size of your household. For this question a household is a
 group of related or unrelated persons occupying the same house with at least one member being
 the head of the household. Renters, roomers, or borders cannot be included as household
 members. How many persons are in your household?
- This question asks if you are from a low- and moderate-income household. For this question, a list of the 2010 EXTREMELY LOW-INCOME, LOW-INCOME and LOW- AND MODERATE-INCOME categories* are presented below.

Please refer to the chart at bottom to determine the <u>combined gross annual income</u> of all persons in your household from all sources of income. In the blanks provided, please write (yes) or (no) if your combined gross annual income is equal to or less than the corresponding amount in the chart.

EXTREMELY LOW-INCOME:	
LOW-INCOME:	
LOW- AND MODERATE-INCOME:	
HIGHER THAN LOW AND MODERATE II	NCOME:

	Number of Persons in Your Household			
EXTREMELY LOW-INCOME	1 \$13,650	2 \$15,600	3 \$17,550	4 \$19,500
LOW-INCOME	\$22,750	\$26,000	\$29,250	\$32,500
LOW- AND MODERATE- INCOME (COMBINED)	\$36,400	\$41,600	\$46,800	\$52,000
	Number of Persons in Your Household			
	inum	iber of Persons	in Your House	ehold
EXTREMELY LOW-INCOME	5 \$21,100	6 \$22,650	7 \$24,200	ehold 8 \$25,750
EXTREMELY LOW-INCOME LOW-INCOME	5	6	7	8

COUNTY OF SAN BERNARDINO DEPARTMENT OF COMMUNITY DEVELOPMENT AND HOUSING

	ject/ Activity Title:	Case	Number: 231-3112	7/2796
Big	Bear Valley: Therapeutic Recreation Water Sports Instruction			
	For Disabled Persons-USARC			
Naı	ne/Address of Contract Agency:	Date	of Issue:	
	ted States Adaptive Recreation Center		01.0000	
P.0	D. Box 2897	_X_	_ Original: Beginning	g 07/01/10
Big	Bear Lake, CA 92315		Amendment No.:	
3.	Please indicate how you identify yourself by checking only	one of the	following choices:	
	,	,	3	Non-
	•		Hişpanic	<u>Hi</u> spanic
	White			
	Black/African American			
	Asian			
	American Indian/Alaskan Native			
	Native Hawaiian/Other Pacific Islander			Ш
	American Indian/Alaskan Native & White			
	Asian & White			
	Black/African American & White			
	American Indian/Alaskan Native & Black/African American	1		
	Balance/Other			
			П.	<u> </u>
4.	Please check whether you belong to a Female Headed Ho	ousehold:	Yes	No
5.	Please describe the condition that would qualify you as	heina consid	dered in one of the	e following
J.	presumed low- and moderate-income categories: abused			
	homeless person, disabled adult, illiterate person, or migra			ly person,
		int latti worr	ver.	
	(description)			
<u>AC</u>	KNOWLEDGMENT AND DISCLAIMER			
	CERTIFY UNDER PENALTY OF PERJURY TH	AT INCC	NAC AND HO	HEEHOLD
	ATEMENTS MADE ON THIS FORM ARE TRUE.	IAT INCO	MIL AND HO	OSLITOLD
J 1.	ATEMENTS MADE ON THIS FORM ARE TRUE.			
NAI	ИЕ:		DATE:	
۷ ات	DRESS:CIT	V.	7ID:	
SIG	NATURE:PHO	ONE:		
The	information you provide on this form is for Community De	walanmant E	Plack Grant (CDRG	2) program
	poses only and will be kept confidential.	sveiobilient c	Siock Grant (CDBC) program
-	•			
"Tar	ten from 2010 Section 8 Low-Income and Very Low-Income Limits.			
	PLEASE COMPLETE, THA	NK YOU.		
Par	ticipant Name:			
	son Date:			
Gro	up Name (if applicable)			

PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

- 1. I acknowledge that my participation in paddling an outrigger canoe entails known and unanticipated risks that 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; tidal conditions and currents; travel in remote areas; collision with objects or other watercraft; prolonged exposure to cold water, hypothermia, accidental drowning; illness in remote areas; exposure to sun, strong wind, cold, storms, large waves, eddies and whirlpools, and lightening; aggressive and/or poisonous marine life; wrist, arm, shoulder, and/or back injuries; slips and falls while getting in and out of the canoe; and rapidly changing adverse weather and water conditions.
- Furthermore, SCORA organizers have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware 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 SCORA 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 SCORA's equipment or facilities, including any such claims which allege negligent acts or omissions of SCORA.
- 4. Should SCORA 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 am willing to assume the risk of any medical or physical condition I may have.
- 6. In the event that I file a lawsuit against SCORA, I agree to do so solely in the state of California, 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. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

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 SCORA 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 I agree to be bound by its terms.

Signature of Participant	pantPrint Name:		Date:
Address:			
Street	Apt./Unit No.	City	State/Zip
Phone:	Email:	Date of Birth	Male/Female:
Emergency Contact:		Phone:	
	PARENT'S OR GUARDIAN'S ADDITE (Must be completed for participa		ī
participate in its activities and to	use its equipment and facilities, I further agree to linor, and which are in any way connected with so	o indemnify and hold harmless	SCORA from any and all Claims which
Parent or Guardian:	Print Name:		Date:
Ohana			

AGREEMENT AND RELEASE FROM LIABILITY

	ARY PARTICIPATION eed to participate in an event at the Pacific Coast se of a sailboat and/or a powerboat.
I AM AWARE THAT MOVING, LAUNCHIN OR BEING A PASSENGER ABOARD A SA CENTER - LONG BEACH, CA AND IN TH OCEAN IN THE LONG BEACH AREA ARI PARTICIPATING IN THESE ACTIVITIES W	MPTION OF RISK G, HOISTING, LOWERING, SKIPPERING, CREWING ILBOAT OR A POWERBOAT AT THE US SAILING HE WATERS OF ALAMITOS BAY OR THE PACIFIC E HAZARDOUS ACTIVITIES. I AM VOLUNTARILY ITH KNOWLEDGE OF THE DANGER INVOLVED. I SKS OF INJURY OR DEATH, AND VERIFY THIS HERE:
3.	RELEASE
As consideration for being permitted participate in this activity and to use its fall agree that my heirs, assigns, distribute PCSF and the City of Long Beach (the City officers, directors, employees, members all actions, claims or demands that I, representatives now have or may hereafter my participation in this activity. I, not prepresentatives will not make any claims injury, death or damage resulting from the lany employee, agent or contractor of PCS as a result of my participation in this activity.	by Pacific Coast Sailing Foundation (PCSF) to acility and equipment furnished by PCSF or others, ees, guardians and representatives and I release (a) and all of their affiliated organizations and their and volunteers (collectively, the Releasees) from my heirs, assigns, distributees, guardians and er have for injury, death or damage resulting from my heirs, assigns, distributees, guardians and against or sue the Releasees or any of them for the negligence or other acts, howsoever caused by SF, the City or any of their affiliated organizations
	ARY SIGNING OF THIS DOCUMENT IENT AND FULLY UNDERSTAND ITS CONTENT. I
AM AWARE THAT THIS IS A RELEASE O	F LIABILITY AND A CONTRACT BETWEEN PCSF, SANIZATIONS, AND MYSELF. I AM SIGNING THIS
Dated:	Ciamatura
	Signature
	Printed Name
	Address

(Over)

DECLARATION OF WITNESS

I certify that	acknowledged in my presence
that he/she has read and fully ur foregoing release, and has signe	nderstands the meaning and consequences of the
Dated:	
	Signature
	Printed Name
	Address
(In the event the	ID RELEASE OF PARENT OR GUARDIAN participant is not 18 years old or older) of
I request that my child be permit	tted to participate in the manner described above. In being granted, I agree to all of the terms and conditions
Dated:	 Signature
	<u></u>
	Printed Name
	Address