



skoac

**SUPERIOR KAYAK AND
OUTDOOR ADVENTURE CLUB**

p.o. box 581792
minneapolis, mn 55458

GENERAL MEMBERSHIP WAIVER AND RELEASE OF LIABILITY

(IMPORTANT – READ BEFORE SIGNING!)

In consideration of being allowed to participate in any way in the Superior Kayak and Outdoor Adventure Club ("SKOAC"), particularly in programs organized and supervised by SKOAC, including overnight trips, day paddles, classes, skills workshops, pool sessions and social events, the undersigned agrees to the following:

1. Prior to participating, I will inspect the facilities and equipment to be used, and if I believe anything is unsafe, I will immediately advise an instructor, organizer or other event supervisor of such condition(s) and refuse to participate.
2. I acknowledge and fully understand that I will be engaging in activities that involve risk of damage to personal property or serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions, or negligence, but the actions, inactions or negligence of others, the rules of play, the condition of the premises, or of any equipment used. Further, there may be other risks not known or not reasonably foreseeable at this time.
3. I assume all of the foregoing risks and accept personal responsibility for all expenses, medical or otherwise, following any such damages, injury, permanent disability or death.
4. I release, waive, discharge and covenant not to sue the Superior Kayak and Outdoor Adventure Club ("SKOAC"), its administrators, directors, agents, instructors, organizers, participants, and the owners or leasers of premises used to conduct SKOAC events, all of which are hereinafter referred to as "releasees", from any and all liability to me, my heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
5. **FOR MINORS:** As the parent or legal guardian of the participant, I will instruct the minor participant that prior to participating, we will inspect the facilities and equipment to be used, and if I believe or the participant believes that anything is unsafe, we will immediately advise an instructor, organizer or supervisor of such condition(s) and refuse to participate.
6. I acknowledge receipt of the **SKOAC GUIDELINES FOR OFFICIAL CLUB TRIPS AND ACTIVITIES (attached)**. I further acknowledge that I have read this document, understand it, and will abide by it. Specifically, I understand that overestimating my own skills and participating in a SKOAC event beyond my skill or conditioning level could put me and other participants at risk of serious injury or death. I understand it is my responsibility to *honestly* assess my skill/conditioning level and to participate only in those events for which I am truly prepared. I understand it is also my responsibility to be honest about my skill/conditioning level with an event organizer, and respect her/his decision if she/he determines I am not ready. I am also aware that going without critical equipment or reliance on inappropriate or worn out equipment may endanger myself or other participants, and understand it is my responsibility to ensure I have all necessary equipment for a given event.
7. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of this waiver shall remain valid and enforceable.

I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNED IT VOLUNTARILY.

PLEASE PRINT CLEARLY! We do not sell or provide personal information to any outside parties. Used for club purposes and communications only.

Member's Name: _____ Signature: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone #: _____ Work Phone #: _____

E-Mail (used for club communications only): _____ Date of Birth: _____

Emergency Contact & Relationship: _____ Phone #: _____

(FOR MINORS)

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

SKOAC GUIDELINES FOR OFFICIAL CLUB TRIPS AND ACTIVITIES

Individual Equipment Required for Club Trips Rated Level II or higher and Great Lakes or Ocean Paddling:

- ρ Sea worthy Sea Kayak with floatation bags or watertight bulkheads – preferably 16 feet or greater in length
- ρ Spray Skirt
- ρ Personal Floatation Device (PFD) with whistle – PFD's must be worn at all times on club trips
- ρ Paddle Float
- ρ Bilge Pump
- ρ Map/Chart and Compass – required on Great Lakes and Ocean Trips
- ρ Wet Suit or Dry Suit for all Superior trips
- ρ Waterproof Flashlight or Headlamp for night paddling

Group and Individual Equipment Recommended for Club Trips Rated Level II or Higher and Great Lakes or Ocean Paddling:

- ρ Water bottle and food within reach of the cockpit (energy gel, power bars, etc.)
- ρ Tow line for towing tired or injured paddlers
- ρ First Aid kit
- ρ VHF Radio
- ρ Repair Kit for Kayak and other important equipment
- ρ Sunscreen
- ρ Sun Glasses
- ρ Extra food to allow for waiting out bad weather
- ρ Extra clothes, sleeping bag, tent or bivy sack – even for day trips; in case of bad weather
- ρ Paddle leash and/or spare paddle
- ρ Strobe light and/or reflective tape on PFD
- ρ Flares and signal mirror – required on Great Lakes and Ocean Trips
- ρ Way-cool dork-hat for shade or warmth
- ρ Helmet for surfing

Skill Requirements for Club Trips:

Each club trip differs in the kayak skills that will be required for participants to have a safe and enjoyable experience. Skills required for a club trip are determined by the trip organizer and/or the SKOAC Board using the following lists as a general guide only. Participants are expected to self-assess their abilities and take responsibility for themselves on club trips. Trip organizers help organize trip logistics and coordinate club activities – do not expect them to act as guides on trips! Note also that the focus on the rating systems requirements is on skills rather than on the number of years of experience in kayaking. A paddler with ten years of experience would still be qualified only for SK I trips if they had not developed, for example, reliable self-rescue skills.

Level I: No previous paddling experience is required for club trips with a level I rating. Examples would include club-sponsored skill sessions on inland lakes and winter pool sessions. Level I trips or skill sessions will be used to help new paddlers develop the necessary skills to participate in more advanced trips. Level I trips will be limited to sheltered waters and short distances with few significant hazards.

Level II: Level II trips may include less sheltered open water paddles and longer distances. Participants are expected to have a working knowledge of kayak paddle strokes and braces. They also must be able to demonstrate a self-rescue technique such as a paddle-float rescue and have experience using at least one assisted rescue such as a T-rescue or rafting-up. a trip organizer may require a demonstration of both a self-rescue and assisted-rescue before allowing a paddler to come on a Level II or higher rated trip. Participants are also expected to have a working knowledge of basic navigational skills such as using a chart and compass, and basic knowledge of the effects of weather on paddling conditions and how to obtain marine forecasts prior to starting a trip. It is assumed that participants can maintain a reasonable pace for trips of up to ten miles per day in good weather.

Level III: Level III trips may include open water paddling in challenging conditions and longer trip distances. On Level III trips, participants should have well developed paddle stroke and bracing skills. Participants should not only have good high and low bracing skills, but should be working on a strong sculling brace and learning to Eskimo roll. Paddlers should be comfortable paddling in higher winds (over 15 knots) and traveling in waves of 2-3 feet. They should be comfortable launching and landing in moderate surf when breaking waves are 3 feet or less. Participants in Level III trips should have a good working knowledge of navigation including strong piloting and dead reckoning skills. On Level III trips participants should have the endurance to paddle up to 20 miles per day in good weather with a fast, efficient forward paddle stroke.

Level IV: Level IV trips may include open water paddling in very challenging conditions over long distances. Participants should have very strong paddling and bracing skills, be comfortable paddling in rough conditions (waves 4 feet or greater and winds up to 30 knots), have mastered group and self-rescue techniques, developed a reliable Eskimo roll (preferably on both sides). Participants should also be comfortable with landing in larger surf with 3-6 foot waves. As a rule, trip organizers would avoid setting out to paddle in the above conditions, but, for example, a late-Fall trip on Lake Superior might be rated a Level III-Level IV rather than a Level III in recognition of the greater chance of running into sudden Fall storms.

Revised 04/17/05