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MOHAWK CANOE CLUB --- 2009 River Training Application

June 20, 21 and 27, 28

APPLICATION DEADLINE: June 13, 2009



This is a 4-day sequence of instruction designed to progress students from their current skill level to a Class II level. It is also a very appropriate course for transitioning from one type of craft to another, i.e. canoe to kayak or kayak to canoe. Small instructional groups are arranged based upon type of boat, skill, and goals of the individual.

Students are taught skills ranging from entering and exiting a boat safely to a large repertoire of river strokes and maneuvers.

The River Training Program is designed for adult learners. The course is appropriate for some children (accompanied by their parents/guardians). Please consult with the Training Chairman regarding the appropriateness of this course for your child.

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Mohawk Canoe Club --- 2009 River Training Application

Name: _____ Age: _____ Date: _____

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

Phone: ____/____-____ Cell: ____/____-____ E-mail: _____

Emergency Contact: _____ Phone: ____/____-____

Waiver: I agree to wear my life jacket and the personal protection required in a boat or in the water during this course. I understand and accept the risks involved in river paddling including but not limited to collision with natural and manmade objects, capsize, hypothermia, immersion, possible entrapment, and possible drowning. I accept my responsibility to my person safety and agree to hold the instructors, officers, and members of the Mohawk Canoe club harmless in the event of personal injury or loss.

Signed: _____ Date: _____

Cosigned by parent/guardian: _____ Date: _____

Please complete other side

Participants must be able to swim and to provide their own boats, personal gear, lunches, and non-alcoholic beverages. Canoeists require kneeling pads, and, in Class II water, helmets. Kayakers require spray skirts and helmets. Appropriate boat flotation is required (call Training Chairman for questions).

There is heavy emphasis on self-rescue and the rescue of paddling companions. To this end, participants will spend significant time IN the water.

The program venues are subject to change based on participant progress, river levels, weather, etc. The start time each day is 9:00 a.m. We are usually off the water by 4 or 5 p.m. but participants should plan additional time to load their boats and gear and run the end of the day shuttle.

The first day please meet at 9:00 a.m., NJ Washington Crossing State Park - waterfront parking lot. (Directions: contact Linda Straus at lstraus@comcast.net.)

For questions, please contact Training Chairman Ken Heaphy at 908-526-4626 or email at kheaphy105@aol.com.

Note: this course has a limited capacity. If the class fills prior to June 13, applications will be accepted based on date of receipt. Refunds will be given up to June 13. We make every attempt to conduct the classes as scheduled. However, unsafe water levels, bad weather, etc. may force us to reschedule certain dates. This course is a progression in skill level over the four days: maximum benefit is gained from attendance on all four days.

Send completed application bottom and check for \$75/person (payable to Mohawk Canoe Club) to:
Linda Straus, 110 Foothill Rd, Flemington, NJ 08822

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A. What boat will you be using -

Kayak:

- recreational
- touring/sea
- whitewater/play
- sit upon

Canoe:

- solo
- tandem

B. Boat manufacturer: _____

Model / name: _____

Length: _____

C. Current skill with boat you will be using:

- novice
- been out few times; can (sort of) get around
- intermediate
- advanced

D. Primary paddling interest:

- lakes / reservoirs
- small, quiet rivers
- class I rivers
- class II rivers

E. Your learning preference for this training:

- I'm apprehensive, take it slow and easy
- laid back, no stress; this should be fun
- learn enough in fast paced manner
- I want to be challenged / pushed

F. Any special needs or considerations:

G. Your goals for this training: _____
