

Park & Play: Acknowledgement of Risk & Self Assessment

This form is intended to make you aware of the risks associated with Canoeing and Kayaking and to help you make an informed decision as to whether to participate. Signing this form does not (and is not intended to) limit our obligations to you and does not in any way compromise your legal rights

Canoeing and Kayaking are "Assumed Risk" "Water Contact Sports" that may carry inherent risks.
Participants should be aware of and accept these risks and be responsible for their own action and involvement.

In the documentation that follows, the Nene Whitewater Centre will be prefixed as NWC

| Please read all sections then write YES or NO as appropriate | YES / NO |
|--|----------|
| I understand that the activities I may participate in will expose me to many hazards and involve the risk of property damage and loss and even personal injury, illness or death. Whilst NWC will take all reasonable steps to ensure my safety, I understand that they cannot be held liable for my own actions, for which I must take responsibility, or for those of a third party. | |
| I promise NWC that I will not participate in this activity if I am under the influence of alcohol or drugs. | |
| My buoyancy aid, helmet, clothing and personal craft are appropriate for use at NWC and they fit correctly. White water suitable boats only. All boats are subject to approval by NWC. | |
| I understand that whilst NWC will provide me with help and advice whenever they can, I will only receive instruction in the use of equipment or techniques when I have booked and paid for such instruction. I will not participate in any activity unsupervised if I am not fit, confident and capable in the use of any of the equipment or course. | |
| I understand NO intentional swimming is allowed on the white water course unless authorised by NWC. If authorisation is given, then it must be undertaken by a BCU White Water Safety & Rescue Provider. | |
| I understand the difficulty of the water at NWC, and that the level of the flow can vary. I understand that it is suggested that I walk the course each time prior to getting on. I confirm I am sufficiently experienced to paddle this course, grade 2/3, completely UNSUPERVISED ** | |
| I confirm that I am aware of the correct techniques for swimming in moving water, and I also confirm that I have sufficient experience to do so on this course, grade 2/3, completely UNSUPERVISED ** | |
| If you have an old NWC Paddle Card, or Nene Card, please write down it's number | |
| I understand that the quality of the water which feeds the white water course may vary, and that if I have any concerns regarding this, I should speak to an NWC staff member | |
| I have been able to read the relevant Terms and Conditions and agree with these. | |

** If you have answered NO, or are unsure about either of these 2 questions, then an assessment can easily be arranged. If you have answered YES to these 2 questions then later on you are observed to be paddling below the required standard, then you will be required to take an immediate assessment, or leave the course.

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Declaration

In signing the declaration below, you are applying for a Park & Play Paddle Card
This card will allow you **UNSUPERVISED** paddling on the white water course during any public Park & Play session, this includes any under 18 year olds.

I confirm that I am

- . over 18 years old *OR*
- . the parent/guardian of the named paddler who is under 18 years of age

[please delete as appropriate]

Full Name:

Signed:

Date: