

POTOMAC PADDLESPO RTS

SEA KAYAKING 103:BRACING & ROLLING INFO PACKET

Boost your confidence in this three-hour class devoted to bracing and rolling your kayak. **Please review all of this information carefully at least one week prior to your lesson.** You may contact us at any time with questions by calling 301-881-2628 or emailing us at info@potomacpaddlesports.com.

This packet contains the following:

Page 2	List of things to bring
Page 3	Adult/minor liability release form (Bring a new copy to each event)
Page 4	Directions and map for Pennyfield Lock

A few notes and answers to the most frequently asked questions:

1. You have up to two years from your first lesson to complete any membership package.
2. Please schedule or re-schedule your lessons online.
3. You have up until 72 hours before a class's start time to reschedule. Students who do not reschedule in time or who don't show up forfeit their lesson. No exceptions are made to this policy and we do not offer refunds.
4. Personal floatation, paddle, spray skirt, and kayak are provided at no charge.
5. New liability release forms are required for each event. **PLEASE COMPLETE YOUR PAPERWORK PRIOR TO ARRIVAL.** (Tip: Partially complete your paperwork and make copies to keep in your car and then sign them the day of the event.)
6. Please arrive and be prepared fifteen minutes prior to your lesson start time. (Late arrivals will not be admitted to class.)
7. All lessons meet rain or shine. A decision to postpone due to lightning or other dangerous conditions is made on-site at the last possible minute. (Mother Nature often cooperates if we wait-and-see.)
8. You'll spend half of your lessons in the water, literally. Paddling-specific apparel is required. Don't try to go on the cheap when it comes to your comfort. Visit our retail store for assistance with purchasing the right clothing for kayaking. A full 3mm wetsuit (covering arms and legs) is okay if you cannot swing a full "layering system," but you will eventually want better paddling clothing.
9. Please do not wait until the last minute to purchase your clothing and accessories.
10. During your lesson, store your car key in a "Hide-a-Key" box somewhere on your vehicle.
11. Complete Package students may attend free Practice Clinics indefinitely. Starter Package students may attend 2 free Practice Clinics.
12. You may repeat any lesson at a discounted rate of 10%. Please call our registration office for further information.
13. For your safety and enjoyment, we request that you keep your personal information up-to-date via your schedule page. Please log in and update your info at www.potomacpaddlesports.com.

POTOMAC PADDLESports

LIST OF THINGS TO BRING

The following list of things to bring is for your comfort, safety, and enjoyment of your on-water experience with us. ALL ITEMS ARE REQUIRED. Please call or visit our retail store for assistance. (See map and directions below.)

- Pre-completed Release of Liability
- Pre-completed Medical Form (If you've taken a class with us before, we only need this if anything has changed since your last class.)
- Two liters of water
- Waterproof snack (Clif Bar, etc.)
- Allergy medication (We require medications for all severe reactions such as bee stings, peanuts, asthma, etc.)
- Shoes or sandals—with a firm sole—that can get wet
- Paddling-specific semi-dry jacket and synthetic under-layers (April–June and September, or when temps are below 90 degrees) (Yes, you *really* do need this to stay warm!)
- Bathing suit and rash guard (July–August, or when temps are above 90 degrees)
- 3mm neoprene pants or shorts (April–May and September)
- Surf trunks/board shorts (June–August)
- Sunscreen
- Ear Plugs (To help prevent ear infections)
- Sunglasses
- Eyeglass strap (so you don't lose your expensive prescription lenses)
- Note to those who wear contacts: Bring extra. You will need to close your eyes while underwater. (Swim goggles don't work that well. A well fitting dive mask is ok while learning to roll.)
- "Smiley's" or other kayaking-specific nose plugs are a MUST-HAVE. We have them at our store.
- Waterproof storage case for your keys and wallet that can be secured to your person or kayak
- Towel and change of clothes
- Q-tips (optional)

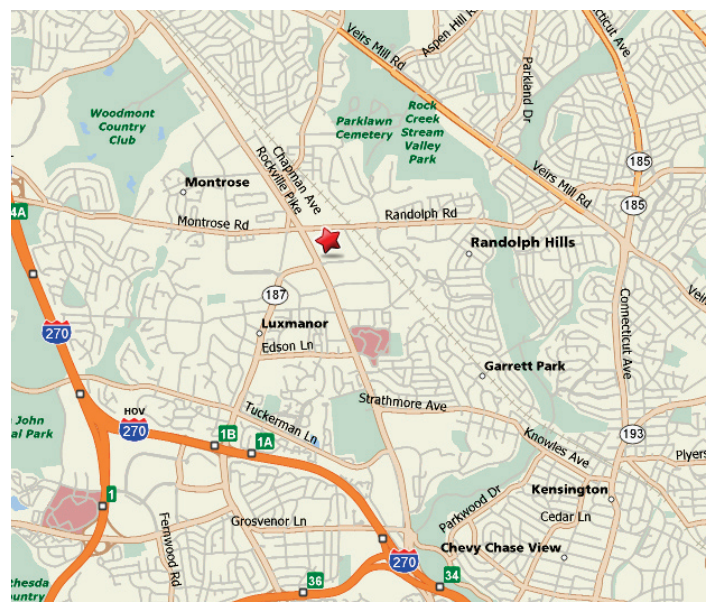
Directions to our RETAIL STORE (not to lessons!)
at 11917 Maple Avenue, Rockville, Maryland 20852:

From DC Beltway (I-495) OUTER LOOP, take exit 34 (Rt. 355) north toward Rockville. Go approximately 2 miles through several traffic lights and make a right onto Randolph Road. At the first traffic light make a right onto Maple Avenue. The store is the second on the left.

From DC Beltway (I-495) INNER LOOP, take exit 36 (Old Georgetown Road) north toward Rockville. Go approximately 2 miles through several traffic lights and make a left onto Rockville Pike (Rt. 355). At the first traffic light make a right onto Randolph Road. At the first traffic light make a right onto Maple Avenue. The store is the second on the left.

From Rt. 29, exit off onto Randolph Road heading west toward Rockville (if going south on 29 that's a right turn, if going north make a left turn). Continue on Randolph Road for about 8 miles making certain to bear right at the "Y" to stay on Randolph. Cross the railroad tracks, then make a left at the second light onto Maple Avenue. The store is the second on the left.

From Rt. 270, take the Montrose Road exit. Go East on Montrose Road for 2 miles to the intersection of Rockville Pike (Rt. 355). Cross Rockville Pike and at the first traffic light make a right onto Maple Avenue. The store is the second on the left.



POTOMAC PADDLESPO RTS INCORPORATED
WAIVER AND RELEASE OF LIABILITY (REQUIRED FOR EACH EVENT)
READ BEFORE SIGNING

IN CONSIDERATION of being permitted to participate in any way in the Potomac Paddlesports Inc., sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of paddlesports and related activities and that I am qualified, in good health, in proper physical condition to participate in such Activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately notify the nearest official and discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) Paddlesports and related ACTIVITIES INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Potomac Paddlesports Inc., their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, independent contractors and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, INJURIES, DAMAGE TO PROPERTY, OR OTHER DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. I further understand and agree that Potomac Paddlesports will not issue a refund under any circumstance.

4. By participating in or attending any activity in connection with this program, whether on or off the premises, I CONSENT TO THE USE OF ANY PHOTOGRAPHS, PICUTRES, FILM OR VIDEOTAPE TAKEN OF ME or provided by me for publicity, promotion, television, websites or any other use, and expressly waive any right of privacy, compensation, copyright or other ownership right connected to same.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT: _____

SIGNATURE: _____ DATE: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

DATE OF BIRTH: _____ PHONE: (_____) _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF PADDLESPO RTS AND RELATED ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____
(Street) (City) (State) (Zip)

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

(If participant is under the age of 18)

POTOMAC PADDLESPO RTS

DIRECTIONS FOR SEA KAYAKING 103:BRACING & ROLLING

Sea Kayak Bracing and Roll is held at the Pennyfield Lock area of the C&O Canal National Historical Park off River Road in Potomac, Maryland. For alternate routes, or from points north or west, Mapquest 12100-12351 Pennyfield Lock Rd., Potomac, MD 20854.

From the Capital Beltway (I-495), take River Road (exit 39) west towards Potomac.

Continue west on River Road approximately 8.9 miles and make a left turn onto Pennyfield Lock Rd. (The sign for Pennyfield Lock Road is on your right and you will see a sign on the left that says “Historic Tobytown”)

Drive to the end of Pennyfield Lock Road to a stop sign and park in the parking area immediately in front of you adjacent to the C&O Canal. You should see a 24’ Potomac Paddlesports trailer.

PLEASE have your waivers completed in hand and all your clothing and supplies ready to go fifteen minutes prior to start time so that we can start promptly.

Restrooms: If you make a left at the stop sign and continue to the end of the access road you should find the Port-o-Johns near the Pennyfield House. After you use them, please return to the parking area near the stop sign.

