



Outdoor Programs Introduction to Paddling Registration

Event Date Saturday Sept. 11, 2010 (Rain date Sat. Sept. 18)
Registration deadline August 31, 2010
Meeting time and place Lake Walter E. Long Park , 6614 Blue Bluff Rd, Austin
 8:30 am-3:30 pm
Be prepared for Heat, sun, wind, possibly rain (if severe weather, reschedule to 9/18/10)
Trip Leader Elizabeth Gray, 851-6913 cell; egray88@hotmail.com

Description

After completing this class, you will know how to handle a canoe and kayak safely and with self-reliance on land and flat water. You must demonstrate the self-rescue skills which are taught during the class in order to sign up for Paddle Program trips. We'll have fun as we learn the BBF (Bellybutton, Backside, Feet) technique, hold a swamped canoe race, perform a canoe-over-canoe rescue, discover ways to maneuver a canoe or kayak around an English gate, and practice a trucker's hitch to tie down your boat. **For stroke and steering practice, participants can attend our first trip of the season on Sunday Sept. 19 for FREE.**

You will receive a confirmation with detailed instructions once we receive your registration. Students should bring:

- Lifejacket for children 5 and under
- Lunch and water
- Sunscreen
- Hat, shirt for sun protection
- Shoes to wear in water—NO flip flops
- 1 meter/yard rope to practice knots
- \$8.00 per car park entry fee

Participant name(s) _____

(We'll get the rest of the information off the Camp Fire registration and Release of Liability)

List any allergies, health conditions, or medication(s) that should be known in case of accident or illness:

Are you bringing a boat? How many? _____ canoe(s) _____kayak(s)

For future trip planning: Do you have a vehicle with a hitch and would you be willing to help haul a canoe trailer or smaller equipment trailer if needed? _____ yes _____ no

Trip Fees

1. Camp Fire Annual Registration (required) \$30 per family or \$15 per individual = _____

2. Intro to Paddling Registration \$40 per person ages 18 and up _____ adults @ \$40 = _____

\$20 per person ages 12-17 _____ youth @ \$20 = _____

\$10 per person under 12 years old _____ children @ \$10 = _____
 (Under 12 must be accompanied by a parent or guardian.)

TOTAL = _____

Please make checks payable to Camp Fire USA Balcones Council. Mail Jen Reid, Camp Fire Balcones 1603 E. 38th ½ St., Austin, TX, 78722-1505. Also mail Camp Fire registration and liability release to this address.