



## 2020 Membership Handbook

Aloha! Welcome to Seattle Outrigger Canoe Club!

We are excited to have you join our paddling 'ohana. Seattle Outrigger (SOCC) is a diverse group of people from many backgrounds with many interests but we all have at least one thing in common: a love for the sport and culture of outrigger canoe paddling.

This handbook covers the responsibilities of members; our rules and code of conduct; information about practices and races; and other club information. All club members are expected to review and abide by these rules to create a common understanding of how the club operates and foster a fun and safe environment. Failure to abide by these rules can result in corrective action by the head coaches and/or the SOCC Board including dismissal from practice, exclusion from one or more races or dismissal from the club. In addition, all club members are called upon to actively contribute to the club's success by participating in all-club events; by learning about the values associated with outrigger canoe paddling and Polynesian culture; and by maintaining good sportsmanship-like conduct at all times.

Please keep this handbook and use it as a reference throughout the year. If you have any questions, contact a Board member or coach.

<b>President:</b>	<b>Bethany Fong</b>
<b>Vice President:</b>	<b>Matt Menzer</b>
<b>Secretary:</b>	<b>Jocelyn Ritchie</b>
<b>Treasurer:</b>	<b>Kelly Mitchell</b>
<b>Board Member:</b>	<b>Anthony Pristyak</b>
<b>Men's Head Coach:</b>	<b>Matt Taufaasau</b>
<b>Women's Head Coach:</b>	<b>Sabine Jessel</b>

Mahalo! Let's get ready for a fun and successful 2020 paddling season.

## **Section I – Membership Responsibilities & Code of Conduct**

### **1. Payment of Dues & Waivers:**

- a. Paddlers must pay membership dues after participating in four practices.
- b. Paddlers who have not paid membership dues after four practices will not be allowed to practice, race or participate in club activities.
- c. All paddlers must sign SOCC, PNWORCA, and Paddle Sport Insurance waivers before participating in any SOCC event, including practice, even if membership dues have not been paid.

### **2. Insurance:**

- a. All paddlers must have current personal medical insurance coverage.
- b. In addition, all current SOCC members/paddlers are automatically provided some coverage under Paddlesport Risk Management, SOCC's paddler insurance.

### **3. Paddling Equipment**

- a. The club has paddles and personal flotation devices (PFDs) available to borrow, however, they are primarily intended for use by newcomers, novices and visitors. Many paddlers prefer to purchase their own paddle and a PFD that is more customized to their needs and preferences.
- b. If a club paddle or PFD is damaged or lost, the borrowing paddler will assume the cost to repair or replace the paddle or PFD.

### **4. Physical Ability:**

- a. All paddlers must certify that they are able to swim and tread water for at least ten (10) minutes. A swim test may be required to demonstrate aptitude. In addition, paddlers must be in sufficient cardiovascular shape to participate in long, often strenuous workouts.
- b. Poor swimmers must always wear a PFD while in a canoe.
- c. Non-swimmers must notify coaches and their steers people prior to leaving the beach that they cannot swim. Non-swimmers may be permitted to go out in a canoe but must always wear a PFD while in the canoe.
- d. SOCC welcomes everyone who can safely participate in our Club activities. If anyone has a disability or medical condition that may impact their safety or the safety of others, they must notify a Coach or Board Member well in advance of participating in any activity. Prior to the person participating in any SOCC activity, the Board or Coaches will determine whether the Club can safely address the person's disability or medical condition.

### **5. Safety:** All paddlers are responsible to ensure the safety of themselves, the canoe and its crew. Paddlers will not be allowed into a canoe if they are under the influence of drugs, alcohol, or other controlled substances. Before every outing, each paddler is responsible for the following:

- a. Examine the wa'a (canoe) for damage, water and debris. Canoes must be completely bailed and clean before leaving the beach.
- b. Examine the rigging, iakos (support beams), and ama (outrigger). Ama-lako and lako-wa'a rigging must be tight, and iakos must be perpendicular to the wa'a.
- c. Check that the distance from the wa'a to the ama is appropriate for the weather, water conditions and experience/capabilities of the crew.
- d. Depending on the season, ensure that each canoe is equipped with a PFD for each paddler and/or that each paddler is wearing a PFD while in the canoe.  
**Note: Paddlers are required to wear PFDs in the winter. Coaches will determine when paddlers must start and when they can stop wearing PFDs for the winter season.**
- e. Ensure there are at least two bailers and a 5-gallon bucket in the wa'a.
- f. Ensure all paddlers are dressed appropriately for the weather and water conditions. Cotton garments should not be worn when paddling.
- g. For night paddling, ensure that lights are in good working order and securely and correctly attached--a red/green light in the front (red on the left, green on the right) and a white light in the back. Bring spare batteries or lights as needed.
- h. After each outing: remove all garbage and personal items and bail, cover and secure the canoe with the lock.

**6. Paddler Aptitude:** We welcome and encourage new paddlers. It is important, however, for safety and the sharing of duties that all paddlers work to become proficient in certain skills. Training will be provided throughout the year. By the end of their first season, paddlers are expected to reach basic aptitude on the following:

- a. Paddling: All paddlers must be familiar with SOCC's paddling techniques and know and be able to perform the responsibilities of each seat in the wa'a.
- b. Waterway Rules: All paddlers should be familiar with the rules of the water. Harbor Patrol rules and regulations can be found here:  
[https://www.seattle.gov/documents/departments/police/publications/Harbor\\_Patrol\\_Regulations\\_web.pdf](https://www.seattle.gov/documents/departments/police/publications/Harbor_Patrol_Regulations_web.pdf)
- c. Race rules: All paddlers must be familiar with race rules, including being able to verbally describe PNWORCA race start procedures.
- d. Rigging: All paddlers must be able to rig a canoe (ama-iako and iako-wa'a)
- e. Huli proficiency: All paddlers must be able to verbally describe the roles of each seat in the event of a huli (capsize). **Paddlers must also participate in at least one huli drill each year.**
- f. Steering: After two seasons of paddling with SOCC, all paddlers must be able to steer a wa'a in a straight line for 500 meters and perform a controlled 90-degree right turn, a 90-degree left turn and a 180-degree buoy turn.

**7. Participation in Club Site and Equipment Maintenance:** Participation in maintenance and administrative duties is mandatory for all club members to keep the club running and to provide a safe and welcoming environment. Maintenance responsibilities include:

- a. Beach Maintenance: Beach clean-ups occur twice a year--spring and fall. In addition, the club holds periodic maintenance events throughout the year.
  - b. Canoe/equipment Maintenance: The club holds equipment maintenance days twice a year, typically coinciding with beach clean-up days. If paddlers notice that any part of the canoe (OC-6, OC-1 and OC-2) is broken, needs fixing, and/or is missing a part they should let a coach or board member know immediately.
  - c. Day to Day Site Maintenance: Members should pick up garbage and debris to ensure a safe and clean environment on the beach and around the wa'a/sheds.
  - d. Day to Day Canoe Maintenance: All club members must always help keep the canoe free of excessive dirt and debris .
- 8. Loading/Unloading Wa'as:** All members are expected to help load and unload wa'as before and after races. Load/unload times will be determined and communicated prior to each race. Club members who cannot help with loading/unloading should inform a coach or board member ahead of time. This includes:
- a. Loading from beach to trailer before a race;
  - b. Unloading (before race) and loading (after race) at race site; and
  - c. Unloading from trailer to beach after a race.
- 9. Club officers/Committees:**
- a. Club members are expected to participate in administrative tasks of the Club. All members should serve either as a club officer or committee member.
  - b. All-club, men's and women's meetings are held annually and during the year as needed.
  - c. Board and committee meetings are held regularly throughout the year. The majority of day to day club business is conducted at these meetings. All meetings are open to all club members and everyone is encouraged to attend.
  - d. Two (non-board member) club members should chair the Da Grind committee during race years. Ideally co-chairs should consist of one male and one female club member. All other club members are required to participate in Da Grind by being part of the planning committee and/or helping with administrative activities on race day.
- 10. Attendance & Practices:**
- a. All club members are expected to arrive on time for all practices, races, meetings and other club events. Club members are expected to inform a coach, steersperson or board member if they will be late or are unable to attend a club function. Slack is the preferred method for these communications.
  - b. Practice frequency, dates and times can fluctuate depending on the needs of the team, the weather, the race schedule, etc. Check Team Cowboy and Slack and/or consult with the coaches for current practice information. In general, practices are held 3 days a week during the race season.
  - c. Participation at all practices is strongly encouraged and is required for paddlers wishing to race with the club.

- d. Seats at practice will be granted to club members in good standing on a first-come first-served basis unless other arrangement have been made with a coach.
- e. Race participation and seating assignments are determined by the coaches. Paddlers wishing to participate in races must notify their coaches a minimum of three weeks prior to the event.
- f. Paddlers are strongly encouraged to RSVP for practices on Team Cowboy by noon of weekday practices and the night before for Saturday practices. When there are more paddlers than the wa'a can accommodate, priority will be given to those who timely RSVP'd on Team Cowboy.

#### **11. Intra-Club Communications**

- a. All club members must join Team Cowboy, our primary means of communicating information regarding practices, meetings, races, events, etc. Contact a SOCC Board member or coach to gain access to Team Cowboy.
- b. All club members should join Slack, an online platform that allows members to quickly communicate and connect with teammates about practices, social events, Hawaiian and outrigger culture and events, etc. Contact a SOCC Board member or coach to gain access to Slack.

#### **12. Respect:** Respect yourself, other paddlers, the wa'a and the spirit of outrigger paddling.

- a. Respect the coach or the person conducting practice (usually the steersperson in the absence of a coach).
- b. Refrain from peer-to-peer coaching. Instead, bring all coaching issues and observations to a coach.
- c. Listen to the steersperson. They are the captain of the wa'a, and their instructions should always be obeyed .
- d. Respect other teams and display good sportsmanship at races. Help other teams load, unload and carry wa'as without being asked. Always show respect to race officials during the race or event. Report any complaint to the selected SOCC representative at the race, usually a coach or a steersperson.
- e. Respect the wa'a--it is considered part of the crew! Refrain from swearing in and around the wa'a as well as stepping over any part of the wa'a.

#### **13. Small Boat Usage and Agreement:** All active members have access to the club's OC-1 and OC-2 small boats with an additional annual fee of \$50.

- a. Prior to using small boats, paddlers must demonstrate proficiency in:
  - i. Huli recovery and small boat safety
  - ii. Small boat storage, assembly and transport
- b. Paddlers are encouraged to use small boats in pairs or more for safety reasons. All small boat paddlers, whether going out solo or in a group, are required to use Slack to send a message to other club members with their scheduled time of departure, intended route or destination, and an estimated time of arrival back

at the beach. Right after the outing is finished, paddlers must send a second Slack message to let others know that they have safely returned to the beach. The failure to send these Slack messages may lead to the revocation of a paddler's permission to use the Club's small boats.

- c. Small boats can be reserved via Slack. They should not be reserved during regular club practice times as they may be necessary for overflow.
- d. Paddlers who want to use their vehicle to transport small boats must have appropriate racks and rigging which have been approved by a coach and must demonstrate proficiency in tying down canoes to their vehicle.
- e. If a small boat gets damaged in transport or during an outing, the person(s) taking out the boat will be responsible for all costs to repair or, if necessary, replace the OC-1 or OC-2.
- f. OC-1 and OC-2 Rules:
  - Always use cradles; do not let the rudder hit or scrape the ground as it can easily break.
  - Check the ama and canoe drain valves before going out.
  - The screws for the ama/iako and iako/canoe connection should only be finger tight. Do not over-tighten. Stop at least once during a paddle to confirm that the connections are still tight.
  - Double check that sheds and other canoes are locked before you leave the beach.
  - **It is mandatory to wear or bring along a Personal Flotation Devices (PFDs) during a small boat outing. Between September 1 and April 1, paddlers must WEAR a PFD.**
  - It is mandatory to wear an ankle leash during a small boat outing. Practice a huli drill with a leash.
  - Equip small boats with appropriate lighting at night (red/green in the front, white on the back). Paddlers should also wear a headlamp in the evening.
  - Know the rules of the waterways. Harbor Patrol rules and regulations can be found here:  
[https://www.seattle.gov/documents/departments/police/publications/Harbor\\_Patrol\\_Regulations\\_web.pdf](https://www.seattle.gov/documents/departments/police/publications/Harbor_Patrol_Regulations_web.pdf)
  - Bring a cell phone with you in a waterproof pouch. Put the number for **Harbor Patrol 206-684-4071** into your contact list.
  - Paddlers are not permitted to go through the Chittenden "Ballard" Locks or paddle in Puget Sound with a small boat.
  - Immediately inform a coach or board member if a small boat gets damaged, needs repair or is missing a part.

## Section II – Setting Race Crews

The club has maintained a policy that any club member who wants to race and attends required practices; is in good physical condition; has a good sense of teamwork; and is proficient in SOCC's paddling technique will have a chance to race.

1. Coaches have the last word as to the makeup of any race crew. Keep in mind that sometimes the strongest and best OC-1 paddlers do not make the fastest OC-6 crew. Working together, blending and pulling as a team is often more important in forming a strong OC-6 crew than a paddler's individual strength and performance on an OC-1.
2. The coaches have a good understanding of each individual paddler's techniques and abilities and how he or she would blend with other paddlers as a crew. The coaches use these criteria to decide who will race and in which crew.
3. If a paddler has an issue with the coaches' selection, the paddler should address the issue directly with his or her coach or a board member.

## SECTION III – Dues and Racing Schedules

**2020 Membership Dues:** A current schedule of dues is available at the SOCC website.

### **Sponsorship Discount:**

Sponsorship packets are available on the SOCC website. Any paddler who brings in a paid sponsorship is eligible to receive the following discounts for that year's membership dues.

- \$50 off an annual membership – Paid sponsorships of \$250 - \$999.
- Free annual membership – Paid sponsorships of \$1,000 or greater.

### **2020 Race Season Schedule:**

For a complete racing schedule, go to [www.pnworca.org](http://www.pnworca.org).

## Section IV – Acknowledgement of Receipt and Pledge to Abide by the Rules

By signing this page, I acknowledge that I have received and read this SOCC Membership Handbook and that I accept and will abide by all the rules and policies stated in this Handbook. Please return the original signed page of this acknowledgement page to a coach or board member or through DocuSign.

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Printed Name

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Signature

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Date



**ASSUMPTION OF RISK, WAIVER OF RIGHT AND RELEASE OF LIABILITY AND  
INDEMNIFICATION AGREEMENT**

***This document affects your legal rights. Carefully read and understand all terms  
of this document before initialing or signing it.***

PLEASE PRINT CLEARLY:

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email address \_\_\_\_\_

Emergency Contact Name & Relationship \_\_\_\_\_

Emergency Contact's Phone Number(s) \_\_\_\_\_

IN CONSIDERATION FOR PERMISSION TO PARTICIPATE AS A MEMBER, AFFILIATE, VOLUNTEER OR GUEST OF THE SEATTLE OUTRIGGER CANOE CLUB ("SOCC") IN ALL CLUB ACTIVITIES, OC-6, OC-1 AND OC-2 OPEN WATER OUTRIGGER PADDLING AND RACING ACTIVITIES ORGANIZED BY SOCC, A MEMBER OF THE PACIFIC NORTHWEST OUTRIGGER CANOE ASSOCIATION ("PNWORCA") AND/OR THE AMERICAN CANOE ASSOCIATION ("ACA") ("Activities"), I AGREE TO AND ACCEPT THE FOLLOWING TERMS OF THIS AGREEMENT:

1. **PARTICIPANT REPRESENTATIONS:** I acknowledge that the Activities I will engage in are strenuous and dangerous and require good physical health, conditioning, ability, maturity and skill. I acknowledge that I am solely responsible for determining my suitability to participate in the

Activities. I represent to SOCC that I have the requisite skills, physical and mental ability and training necessary to properly and safely participate in the Activities.

2. **VOLUNTARY PARTICIPATION:** I voluntarily choose to participate in the Activities despite all known and unknown risks. I assume all inherent and other risks and accept responsibility for any personal injury, illness, disability, emotional distress and death that I may suffer and any property damage or loss, whether described above or not, from participating in these Activities. I acknowledge and understand that:
  - A. The Activities I participate in are inherently hazardous. I may be exposed to natural and man-made dangers and hazards including but not limited to unpredictable weather, lightning, unpredictable water conditions, ocean currents and tides, river and lake currents, unpredictable wildlife, falls, fractures, head and facial traumas, concussions, soft tissue injuries, blunt force traumas, hypothermia, overexertion, overheating, injuries from lack of fitness or conditioning, physical exertion, swimming for extended periods, drowning or other complications associated with immersion in water, falling while entering or exiting any canoe or marine vessel, being pinned or entrapped by items or obstacles in or on the water, colliding with boats, rocks and other objects on shore or in the water, known and unknown defects in the condition of any equipment or property supplied, equipment failure or malfunction and the negligence of others;
  - B. I acknowledge that the above list is not complete or exhaustive, and that other risks known or unknown, identified or unidentified, anticipated or unanticipated may also result in injury, death, illness or disease or damage to or loss of property to me, observers or other third parties. I expressly accept all risks not specifically listed above.
  - C. Due to all these know and unknown risks, I acknowledge that I may be seriously injured, disabled or may die and my property may be damaged or lost as a result of my participation in the Activities.
  - D. SOCC, its officers, directors, employees, agents, members and volunteers assume no responsibility for providing medical care to me or anyone else during the Activities. I acknowledge that qualified medical care, emergency medical evacuation and medical/hospital facilities may be unavailable, delayed, or limited during my participation in the Activities. I also understand and accept that I must pay for any medical care and/or evacuation services I incur as a result of my participation in the Activities.
3. **ASSUMPTION OF RISKS:** I knowingly assume all risks of bodily injury or harm and/or any property damage or loss that I may suffer as a result of my participation in the Activities, including any injury, harm or loss caused by the negligence of SOCC, its officers, directors, employees, agents, members or volunteers, its contractors and other participants and observers of the Activities. Any equipment I provide or may borrow from SOCC or a third party I use at my own risk and I acknowledge that such equipment is provided without any warranty whatsoever about its condition or suitability for use in the Activities. I also assume all risks of injury, harm, damage or loss occurring during my travel to and from the Activities.

4. **WAIVER AND RELEASE OF LIABILITY:** I knowingly and forever release, discharge (and agree not to sue or otherwise make a legal claim for compensation against) SOCC, its officers, directors, employees, agents, members and volunteers, its contractors, any person or entity which provides any equipment used in the Activities, any municipal, county, state or other government providers of use permits and their officers, employees and agents (“Released Parties”) from any and all liabilities, claims, demands and causes of action that arise from bodily injury or harm, disability, death or property damage or loss that occurs to me or to any other person or any other property during the Activities or related in any way to the Activities. This includes the release of liability for any injury, harm or loss occurring during travel to and from the Activities and from the use of any equipment or facility. This release of liability includes claims of negligence of any Released Party, claims for strict liability for abnormally dangerous activities and any other type of claim including but not limited to breach of contract or fraud. This release of liability does not include any claims that Washington State law does not permit to be excluded by agreement.
5. **HOLD HARMLESS, INDEMNIFICATION AND ASSUMPTION OF DEFENSE:** I will hold harmless, indemnify and defend the Released Parties against all claims resulting from the Activities, including but not limited to claims, causes of action, liability, losses, or damages for any property damage, property loss or theft, personal injury, disability, death or other loss brought by or on behalf of me, a family member, my estate, another participant, observer or any other person arising from or relating to my use of equipment, facilities and/or participation in the Activities and specifically including claims that any one or more of the Released Parties were negligent. I will also hold harmless, indemnify and defend the Released Parties against any and all claims for my own negligence, and any other claim arising from my conduct during the Activities. Specifically, I will pay or reimburse any Released Party for any amount required to be paid, include costs, expenses and attorney fees, damages, reasonable settlements that any Released Party incurs because of claims made against them from my participation in the Activities. In the event I die or am disabled, the terms of this Agreement, including but not limited to the indemnification provisions in this section, will be binding upon my estate and any personal representative, executor, administrator or guardian administering my estate, trust or guardianship.
6. **PARTICIPANT TO ABIDE BY RULES AND FOLLOW DIRECTIONS:** I have received, read and understand SOCC’s rules as set forth in the SOCC Membership Handbook and will always abide by them . I will also follow all rules and directions provided to me orally or in writing by SOCC or any other organizer of an Activity at the time of the Activity. When participating in the Activities, I will always make reasonable decisions and act responsibility .
7. **PARTICIPANT’S RESPONSIBILITY FOR INSURANCE:** I represent that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may suffer while participating in these Activities and to cover bodily injury or property damage caused to a third party as a result of my participation in these Activities. If I have no such insurance, I represent that I am capable of personally paying for any and all such expenses or liability & acknowledge that SOCC is relying on this representation in permitting me to participate in these Activities.

8. **PERMISSION TO USE LIKENESS:** I acknowledge that SOCC may photograph or videotape the Activities and that consequently I may be photographed or videotaped during the Activities. To the fullest extent allowed by law, I waive any right of privacy, preapproval, publicity, compensation, copyright or other rights to my image, likeness or name and I expressly consent to SOCC using these images for any purpose and in any format.
9. **APPLICABLE LAW, VENUE AND ATTORNEYS' FEES, EXPENSES, AND COSTS:**  
This agreement is governed by and shall be construed in accordance with Washington State law without reference to its choice of law rules. I expressly consent to jurisdiction of the Superior Court for King County, Washington and, concurrently if jurisdiction exists, the United States District Court for the Western District of Washington for any dispute arising from this agreement or claim alleged to be based on the Activities. If the validity or enforceability of this agreement is contested, the non-prevailing party will pay all reasonable attorney fees, costs and expenses of the party or parties seeking to uphold the agreement.
10. **SEVERABILITY:** The purpose of this agreement is to be an enforceable assumption of risk, waiver and release of liability, and indemnification and the agreement is to be interpreted as broadly and inclusively as Washington law allows. If any term of this agreement is found invalid or unenforceable, that term will be deemed modified and/or will be enforced to the maximum extent permitted by law to carry out the purpose of this agreement and the remainder of this agreement will continue with full force and effect.

**I HAVE FULLY READ, REVIEWED AND AM FULLY INFORMED OF THE TERMS OF THIS AGREEMENT, SPECIFICALLY MY ASSUMPTION OF RISK, WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO HOLD HARMLESS, DEFEND, AND INDEMNIFY SOCC FOR ANY CLAIMS ARISING FROM MY PARTICIPATION IN THE ACTIVITIES. I UNDERSTAND THAT THIS AGREEMENT HAS NO EXPIRATION DATE AND REMAINS IN EFFECT AT ALL TIMES AND APPLIES TO ALL OCCASIONS THAT I AM PARTICIPATING IN OR OBSERVING THE ACTIVITIES. I REPRESENT THAT MY PARTICIPATION IN THE ACTIVITIES IS PURELY VOLUNTARY AND THAT I ELECT TO PARTICIPATE IN THE ACTIVITIES IN SPITE OF THE RISKS. I HAVE HAD THE OPPORTUNITY TO HAVE AN ATTORNEY REVIEW THIS DOCUMENT AND I SIGN THIS AGREEMENT VOLUNTARILY AND CONSENSUALLY.**

**PARTICIPANT PRINTED NAME** \_\_\_\_\_

**PARTICIPANT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**PARENT OR LEGAL GUARDIAN** (If participant is under 18 years of age)

I represent and warrant that I have full legal authority to act on my child's behalf. I understand and accept all terms of this agreement for myself and on behalf of my child.

**PARENT/GUARDIAN PRINTED NAME** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_



## CLUB RELEASE OF LIABILITY WAIVER

Term: 01/01/2020 - 01/01/2021

### CHECK ONE

Club member:

Guest Paddler:

Guest Paddler Participation Date: \_\_\_\_\_

In consideration of being allowed to participate in any way in this sports activity, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this sport is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from negligence of releasees or others and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation.

If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS PADDLESPORT RISK MANAGEMENT, LLC; **SEATTLE OUTRIGGER CANOE CLUB; WASHINGTON STATE DEPT NATURAL RESOURCES; CITY OF SEATTLE- SEATTLE PARKS AND RECREATION**; their officers & directors, officials, agents, and/or employees, other participants, sponsoring agencies, commissions, sponsors, advertisers, volunteers, coaches, steerers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes.

BY MY SIGNATURE BELOW I ACKNOWLEDGE I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY. I understand that videos and photos may be taken by event host/club I further agree to the release of photographic and video media.

\_\_\_\_\_

Address: \_\_\_\_\_

(Participant/Member Name: PLEASE PRINT)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)** This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Age (if under 18): \_\_\_\_\_

Parent/Legal Guardian Name & Address: (PLEASE PRINT) \_\_\_\_\_

Address: \_\_\_\_\_ Emergency Contact # \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Signature of Parent/Legal Guardian: \_\_\_\_\_ Date: \_\_\_\_\_