

# SIGN UP FORM

We offer the first two sessions free of charge.  
To find out more about our sessions, the costs and more please visit  
[www.performancepaddling.net](http://www.performancepaddling.net)

Name : \_\_\_\_\_

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

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

Emergency Contact and Phone :  
\_\_\_\_\_

What is your paddling goal ?:

Short Term \_\_\_\_\_

Long Term \_\_\_\_\_

Anything Else ? ie previous sports, injuries, concerns:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WARNING and RISK ACKNOWLEDGEMENT**

*We advise that kayaking is a dangerous activity and that inherent risks are involved in paddling in Pittwater and with training at a moderate to high intensity. By joining our session you are acknowledging you understand the risks involved and will assume all responsibility.*

**WAIVER**

*I acknowledge that the weather, wind, tide, waves, other boats, my own craft and my personal ability and skill level are appropriate to ensure my own health and safety. The coaching program does not take any of the above into consideration. The coaching program does not take into consideration any health or fitness constraints of the individual paddler. By signing this waiver I acknowledge I am taking full responsibility for my own health and safety and that participation in this squad coaching program is entirely at my own risk.*

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

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