

Gorge Rowing and Paddling Centre
Proudly Presents

Saturday March 13/10

10th Annual Kan-U-Hakit Outrigger Sprints

1500M on a 500M course = 2 buoy turns

Mens, Womens, Mixed Categories

Registration Deadline February 26/10

Late Registration subject to space

An awesome, thrilling spectator friendly race



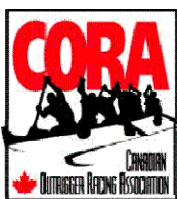
All Paddling
Fans Welcome!



Photos courtesy of Ed Low and Lethal Weapon Photography



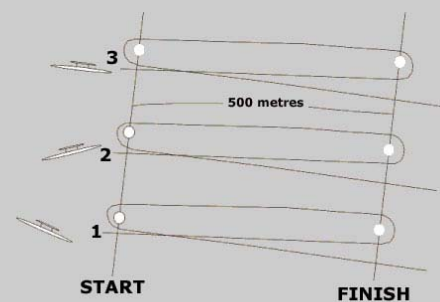
For more information or
to register, contact us



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KAN-U-HAKIT 1500m Outrigger Canoe Sprints Gorge Rowing & Paddling Centre



www.gorgerowingandpaddling.com

KAN-U-HAKIT OUTRIGGER SPRINTS (OC6) – MARCH 13, 2010

THE COURSE

This race takes place at the **Gorge Rowing & Paddling Centre (GRPC)**, in the award winning Selkirk Waterfront Community. The OC6 race (Saturday) will be a 1500M Sprint on a 500M course, which means two buoy turns are required. Evenly spaced buoy markers at the Start (Bay St Bridge) and Finish (GRPC dock) will be set out for each lane. Each race will consist of two to three boats at a time.

EVENT INFORMATION

This is a thrilling and spectator friendly event with each team having two to three races (**weather permitting**). Format TBD.

ALL OC6'S ARE PROVIDED. Paddlers are encouraged to bring their own PFD's and paddles.

TEAM INFORMATION

There will be 3 team categories – **MIXED, WOMEN, MEN**. There must be a minimum of three entries to make a category. Mixed team must have a minimum of three women. Prizes will go to the top three placings in each category.

The same 6 people in a team must race all races. Any substitutions will change the status of the team to exhibition, which will result in a last place results for the remaining races. Paddlers may race in both mixed and single-gender boats. If paddling in more than 1 category paddlers must pay for both. If paddling in two types of team you need to fill out two forms.

All steerspeople must attend a mandatory safety meeting prior to racing. Safety meeting and race schedule will be posted closer to the event date.

Tents - please ask for permission prior to setting up team tents.

REGISTRATION INFORMATION

Mail to the address below or drop off a **sealed** registration package with payment at the GO Rowing and Paddling Association of Canada (GO) office in Gorge Fitness, located just above GRPC. If after hours please put package under the door of the GO office. Please mark the **package Attention: Kan-U-Hakit Sprints**.

Please note the group waiver/registration forms for adult and youth. Each entry requires these forms to be complete.

Registration will end on Friday February 26th at 4PM. Price is \$72/team/entry (\$12.00/paddler/entry). Late registration will only be available if space permits. Traveling teams must email team information by registration deadline, but are able to fill out waivers and additional team information on the morning of the event. Local teams must have all payments and registration information/waivers in before the day of the event. **Visa & MC, or make all cheques payable to the Gorge Rowing & Paddling Centre.**

Refund/Cancellation Policy: There will be 25% administrative fee for all withdrawals. The final date to withdraw a team from the event(s) is Friday Feb 26, 2010. There will be no refunds of any type after this date, including if the event is cancelled due to safety reasons and weather. See weather and safety related notes below.

***Additional information, updates and announcements will be provided by email and/or posted on the website in the weeks leading up to the festival.**

All participants must be CORA members. Fees to be paid in advance of Race Day.

Registration and waivers on following pages.

GO ROWING & PADDLING ASSOCIATION OF CANADA

Adult Group Waiver & Registration Form

Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement, (the "Agreement")

BY SIGNING THIS AGREEMENT YOU WILL GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE

PLEASE READ CAREFULLY and provide all information required for Part One and Part Two of this Group Waiver Form

PART ONE (ALL FIELDS ARE REQUIRED):

Re: Participation in the GO Rowing & Paddling Association of Canada (GO) rowing and paddling programs/events, pursuant to the GO safety guidelines, rules and regulations, (collectively referred to as the "Rules").

PLEASE TYPE:

Steersperson: _____ Team: _____ Event: **Kan-U-Hakit – March 13, 2010**

Address: _____ City: _____ Prov.: _____ Postal Code: _____

Phone: _____ Fax: _____ Email: _____

(All personal information given by participants will only be used for administration and regular communication with respect to related programs/events with GO).

To: GO, and their respective directors, officers, employees, contractors, representatives, officials, agents, and volunteers.

In this Agreement:

1. the term, "rowing and paddling programs" shall include but is not limited to: competitions, races, festivals, demonstrations, practices, events, boat rentals, orientation and instruction sessions, and other such activities, events and services in any way connected with or related to the GO; and
2. the term, "Releasees" shall include the GO, affiliate centres and events, sponsors, official suppliers, officials, and all of their respective directors, officers, employees, volunteers, agents, representatives, successors and assigns.

• **ACKNOWLEDGEMENT – SAFETY**

I am aware that the physical exertion required of rowing and paddling programs and the forces exerted on the body can activate or aggravate pre-existing physical injuries, conditions, symptoms or congenital defects. I HAVE ALSO READ AND UNDERSTAND THE RULES AND REGULATIONS, AND I AGREE TO ABIDE BY THOSE GUIDELINES. (Rules and Regulations are posted on the event website).

• **ASSUMPTION OF RISKS**

I am aware and understand that rowing and paddling programs and rowing and paddling sports have inherent dangers, hazards and risks including, but not limited to:

- ACCIDENTS WHICH OCCUR WHILE LOADING AND UNLOADING EQUIPMENT
- ABRUPT WEATHER CHANGES
- COLLISION WITH MANMADE OR NATURAL OBJECTS OR OTHER PADDLERS OR BYSTANDERS
- CONDITIONS OF WATER SURFACE AND VARIATIONS IN THE WATER CONDITIONS, SURFACES AND CURRENTS
- EQUIPMENT FAILURE
- IMPROPER USE OF EQUIPMENT
- NEGLIGENCE OF OTHERS
- OVERTURNING OR UPSETTING OF THE BOAT
- FALLING FROM THE BOAT WHILE ON THE WATER
- POOR SWIMMING ABILITY OF MYSELF OR OTHERS
- FACILITY & SITE HAZARDS
- NEGLIGENCE OF THE RELEASEES
- SUSTAINED RIGOROUS PHYSICAL ACTIVITY
- TRAVEL TO AND FROM SITE
- DROWNING
- IMMERSION IN COLD WATER
- HYPOTHERMIA

I understand that injuries resulting from the danger, hazards and risks of rowing and paddling programs and sports are a probable occurrence of such programs and sports. I am also aware that there is a risk of NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE BY THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE DANGERS, HAZARDS AND RISKS OF PADDLING PROGRAMS AND SPORTS.

I freely accept and fully assume all dangers, hazards and RISKS associated with participation in rowing and paddling programs and sports and the possibility of personal injury, death, property damage or loss resulting therefrom.

• **RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY**

I acknowledge that it remains my sole responsibility to act in such a manner as to be responsible for my own safety and participate within my own limits. I understand that the Rules are solely for the purpose of regulating other rowing and/or paddling program participants and me.

In consideration of the Releasees agreeing to my participation in rowing and/or paddling programs & events and permitting my use of their equipment and facilities, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer as a result of my participation in rowing and/or paddling programs due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory or other duty of care, on the part of the Releasees;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage or personal injury to any third party resulting from my participation in rowing and/or paddling programs; and
3. This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators and representatives, in the event of my death or incapacity.

**Steersperson
Must Initial
Here**

In entering into this Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of paddling programs & events other than what is set forth in this Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

GO TO PART TWO ON FOLLOWING PAGE TO COMPLETE GROUP WAIVER & REGISTRATION >

GO ROWING & PADDLING ASSOCIATION OF CANADA

Adult Group Waiver & Registration Form

PART TWO: ADULT Team Roster/Registration/Waiver (ALL FIELDS ARE REQUIRED)

Team Name:	Event Name: Kan-U-Hakit – March 13, 2010
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BY SIGNING BELOW, I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Type of Team: MIXED OC6 MEN'S OC6 WOMEN'S OC6

Class: OPEN MASTERS

Team Roster:

Seat 1:	Signature:
Seat 2:	Signature:
Seat 3:	Signature:
Seat 4:	Signature:
Seat 5:	Signature:
Steersperson:	Signature:

Race Notes:

This race involves unique racing conditions:

- Two turns at high speed increases the chance of outrigger overturning
- Unpredictable weather changes can cause waves and high winds
- Fluctuating tides cause currents
- Shallow water along the shore line
- Shared waterway with other boat traffic
- Navigation buoys

The **steersperson** must ensure all participants listed above will have completed at least one cold water "Hull" and signed the attached waiver. All **steerspersons** must be experienced and will be responsible for the safety and welfare of their team and boat. By reading this, and signing a waiver and signing below, the **steersperson** understands and assumes all responsibilities noted above. GRPC reserves the right to verify steerspersons' experience.

Steersperson Signature: _____

**All participants must complete a waiver form before they are permitted to race.
Thank you and we look forward to seeing you at the races.**

GO ROWING & PADDLING ASSOCIATION OF CANADA

Youth Group Acknowledgement of Risks & Registration Form
For Registrants Under 19 years of age

BY SIGNING THIS YOU ACKNOWLEDGE THAT YOU ARE AWARE OF CERTAIN RISKS

PLEASE READ CAREFULLY and provide all information required for Part One and Part Two of this Group Acknowledgement of Risk Form

PART ONE (ALL FIELDS ARE REQUIRED):

Re: Participation in the GO Rowing & Paddling Association of Canada (GO) rowing and paddling programs and events (pursuant to the GO guidelines, rules and regulations (collectively called the "Rules")).

Steersperson: _____ Team: _____ Event: **Kan-U-Hackit – March 13, 2010**

Address: _____ City: _____ Prov.: _____ Postal Code: _____

Phone: _____ Fax: _____ Email: _____

(All personal information given by participants will only be used for administration and regular communication with respect to related programs & events with GO).

TO: GO, and their respective directors, officers, employees, contractors, representatives, officials, agents, and volunteers.

• **ACKNOWLEDGEMENT OF RISKS**

I am aware and understand that rowing and paddling sports has inherent dangers, hazards and risks (collectively called the "RISKS"). The following is only a partial list of examples of these RISKS:

- ABRUPT WEATHER CHANGES
- COLLISION WITH MANMADE OR NATURAL OBJECTS OR OTHER ROWERS OR BYSTANDERS
- CONDITIONS OF WATER SURFACE
- EQUIPMENT FAILURE
- IMPROPER USE OF EQUIPMENT
- NEGLIGENCE OF OTHER ROWERS
- OVERTURNING
- POOR SWIMMING ABILITY
- ROWING SITE HAZARDS
- SUSTAINED RIGOROUS PHYSICAL ACTIVITY
- TRAVEL TO AND FROM ROWING SITE
- WATER TEMPERATURE

I understand that injuries resulting from such RISKS are a possible occurrence of rowing and paddling sports.

I acknowledge that it is my responsibility to act in such a manner as to be responsible for my own safety and participate within my own limits.

I, as a parent or guardian of the Registrant, acknowledge that, by my signing this document, I am, in addition to the Registrant and others, assuming the responsibility to educate and inform the Registrant of the RISKS.

**GO TO PART TWO ON FOLLOWING PAGE TO COMPLETE YOUTH GROUP
ACKNOWLEDGEMENT OF RISKS & REGISTRATION >>>**

GO ROWING & PADDLING ASSOCIATION OF CANADA

Youth Group Acknowledgement of Risks & Registration Form
For Registrants Under 19 years of age

PART TWO: YOUTH Team Roster/Registration (ALL FIELDS ARE REQUIRED)

Team Name:	Event Name: Kan-U-Hakit – March 13, 2010
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By signing below, I understand that injuries resulting from such RISKS are a possible occurrence of rowing and paddling sports. I acknowledge that it is my responsibility to act in such a manner as to be responsible for my own safety and participate within my own limits. I, as a parent or guardian of the Registrant, acknowledge that, by my signing this document, I am, in addition to the Registrant and others, assuming the responsibility to educate and inform the Registrant of the RISKS.

Type of Team: MIXED OC6 MEN'S OC6 WOMEN'S OC6

Class: JUNIOR

TEAM ROSTER

Seat/Name (PRINT CLEARLY)	Youth Signature	Parent/Guardian Signature
1/		
2/		
3/		
4/		
5/		
Steer/		

Race Notes:

This race involves unique racing conditions:

- Two turns at high speed increases the chance of outrigger overturning
- Unpredictable weather changes can cause waves and high winds
- Fluctuating tides cause currents
- Shallow water along the shore line
- Shared waterway with other boat traffic
- Navigation buoys

The **steersperson** must ensure all participants listed above will have completed at least one cold water "Huli" and signed the attached waiver. All **steerspersons** must be experienced and will be responsible for the safety and welfare of their team and boat. By reading this, and signing a waiver and signing below, the **steersperson** understands and assumes all responsibilities noted above. GRPC reserves the right to verify steerspersons' experience.

Steersperson Signature: _____

**All participants must complete a waiver form before they are permitted to race.
Thank you and we look forward to seeing you at the races.**