

Stride Registration and Statement of Health Form

Name: _____

Age: _____ Sex: _____ Height: _____ Weight: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: H: _____ W: _____ C: _____

Email: _____

Health Insurance Plan: _____ Plan #: _____ Group #: _____

How did you first hear of Stride?

? Brochure/Flyer ? Word of Mouth ? Internet/groupon _____

Health History:

Allergies (e.g. insect stings, drugs, etc.): _____

Conditions requiring regular medication (e.g. Diabetes, Epilepsy). What medications?: _____

Physical disabilities or chronic conditions: _____

Emotional or behavioral disorders (e.g. phobias): _____

I am a (circle one) poor / average / good / excellent swimmer.

I assume full responsibility for my health being such that the activities will in no way aggravate any conditions present. If in doubt, medical advice will be sought and followed. Stride will be notified of any changes in my health status prior to class time or trip departure.

I declare the statements on this form to be true.

Signature Date (mm/dd/yy)

Signature of parent/guardian if
participant is under 18 years of age.

Ride Stride Stand Up Paddlesports

Assumption of Risk, Release, and Waiver Agreement

Please read this document carefully before signing.

I acknowledge that participating in classes/courses/lessons taught by Stride(Ride Stride) involves exposure to risks beyond the control of Ride Stride LLC, directors, and staff. I hereby agree that the sport of kayaking and stand up paddleboarding can be dangerous and expose participants to risks and hazards including but not limited to immersion in cold water, drowning, inclement weather, slipping and falling, falling objects, and suffering injury in remote areas where help may not be readily available. I further acknowledge that such risks may cause serious personal injury, or even death.

While I recognize that Ride Stride instructors make every reasonable effort to minimize exposure to known risks, some risks can not be anticipated. I understand that I have a personal responsibility to learn and follow safety rules and procedures my instructors establish. I acknowledge that I am responsible for making them aware at any point if I question my own knowledge of these procedures or my ability to participate in any activity.

I have no physical, mental or medical condition that would adversely affect my ability to participate in the Ride Stride course/lesson/class or that would affect my safety or the safety of the group. I agree to inform Ride Stride of any such physical, mental, or medical condition should one develop in the future. I understand and agree that in participating in a Ride Stride course/lesson/class or using the equipment or facilities of Ride Stride or receiving the instruction from Ride Stride, there is the possibility of accidental or other physical injury. I agree to assume the risk of such injury and further agree to indemnify Ride Stride LLC, and all of their agents, employees, directors, officers, affiliates, successors, and assigns (collectively "Ride Stride LLC") and also the Department of Game and Inland Fisheries(DGIF), Mecklenburg County North Carolina, and Albermarle county from any and all liability as a result of my use of the facilities, equipment and instruction offered by Ride Stride.

It is expressly agreed that all use of the equipment, facilities and instruction of Ride Stride shall be at my own sole risk. I further agree that Ride Stride shall not be liable for any injuries or damage to me or my property, or be subject to any claim, demand, or cause of action whatsoever, including, without limitation, injuries or damages resulting from negligence on the part of Ride Stride.

I have carefully read this Release, Waiver, and Assumption of Risk Agreement and fully understand its contents.

Signature Date (mm/dd/yy)

Print name (legibly, please) Signature of parent/guardian if participant is under 18 years of age.

Things to bring when learning to Kayak or Stand Up Paddleboard:

These are some of the things you should consider bringing to class with you to make sure you have a more enjoyable experience on the river. Do not underestimate the value of these items! When bringing these items it results in a better time on the water.

Here's the list:

- 1) Completely filled out, legible health history form and waiver! This is mandatory- we will have extras on site, but filling these out ahead of time will save time on the day of your lesson. Download them off our website.
- 2) Plenty to drink- staying hydrated is very important with any physically demanding sport, so bring water with you everytime you paddle.
- 3) Sunscreen- you could be in the sun for up to 3hrs in some of our lessons. A bad sunburn is the most common ailment.
- 4) Snacks- you'll be burning lots of calories, and you will need the energy supply, so bring something to snack on like a powerbar wrapped in a ziplock sandwich bag or drybag.
- 5) Proper footwear- we recommend kayak specific shoes because they fit tighter and have thinner soles for better contact with a Stand Up Paddleboard or kayak. Thick soled shoe will not have ideal contact with the Stand Up Paddleboard. You MUST protect your feet from sharp rocks, glass, metal, sticks, or anything else that might be in the water - no bare feet allowed.
- 6) Straps for eyewear- If you don't want to lose your glasses, bring a strap to keep them on, or they could be lost in the water.
- 7) Drybag- These are a great way to maintain your stuff, and keep it from getting stolen from your car while you are on the river- always protect your valuables!
- 8) Layering- we supply the following; kayak/Stand Up Paddleboard, paddle, and personal floatation device(AKA lifevest). We do not have layering gear for our students. Items like: paddling tops, polypro, neoprene, rash tops, thin skin, etc. You will get wet during the entire lesson and will need to keep your body temp regulated. Our lessons take place rain or shine, and you would be surprised how cold you can get on a cloudy, windy day in July when you are wet, so come prepared.
- 9) Medications- If you need to take any meds for any reason bring them with you- notify your instructor and they can hold onto them for you.