



## MAX'S 'INTRODUCTION TO BIG CANOE PADDLING' COURSE 2019 INDIVIDUAL APPLICATION FORM

*Note: ONEC's big canoes normally take 6 paddlers.*

Max Finkelstein is a renowned canoeist who has paddled from sea to sea in Canada and from Ottawa to Washington. This one day course focuses on the fundamentals of big canoe paddling including safety, balance, the roles of the different paddlers, and the various paddle strokes such as forward, draws, & prys. This one day course:

- starts at 10 am, **Sat., June 15** on shore to the east of the ONEC boathouse & ends about 3:30 pm.
- introduces basic paddle strokes to manoeuvre a big canoe from the bow, stern, and middle positions.
- Shows how to have fun paddling a big canoe...forwards, backwards, sideways, racing, cool leaning turns, switching sides and more!
- May qualify you for a Paddle Canada Introductory Big Canoe certificate (\$15 additional amount to Max)

### PARTICIPANT INFORMATION:

Surname (of main contact):	First Name:	Tel (home):	Tel (work):
Address:	City:	Prov.:	Postal Code:
E-mail address:		Would you like to receive Club information via e-mail? ( ) Yes ( ) No	
Surname of Guardian (if applicable):	First Name of Guardian:	Tel (home):	Tel (work):

	Member price	Non-member price	Your fee (please insert)
Saturday, June 15	\$40	\$60	

### WAIVER

**This waiver MUST be signed and dated.**

I recognize that the use of the facilities and services at the Ottawa New Edinburgh Club as well as sailing, rowing, paddling, and tennis activities involve potential risks. I undertake, in my personal capacity and those whom I represent, have custody, my heirs and assigns, to indemnify and save harmless the Ottawa New Edinburgh Club its officers, employees, coaches, independent contractors and other representatives, their successors, heirs and assigns, from and against all claims, damages, loss, costs and expenses relating to any injury including death, or loss of or any damage to my or third party's property and arising out of or being incidental to my presence at the Club or the practice of the activities mentioned hereinabove. I acknowledge that I can swim at least 100 metres.

**Signature of participant or guardian:**

**Date (yyyy/mm/dd):**

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**PRIVACY POLICY:** ONEC respects the privacy of participants and members. Basic data are collected for the purposes of communicating information on day camps, health, security, and registration issues, events and programs. Data collected are never sold.

*Mail cheque and registration form for 'Introduction to Big Canoe Paddling' to:*

Ottawa New Edinburgh Club (ONEC)  
P.O. Box 74088, R.P.O. Beechwood  
Ottawa, ON K1M 2H9